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# Destination: Three-peat

Coach Micheal Ray Richardson and his London Lightning are ready to start their run for a third NBL title

ANGELA MULLINS/METRO

SEE SPECIAL SECTION ON PAGES 13-27

## London police find 3 bodies in apartment near Western

While remaining tight-lipped on the details, police say all 3 are believed to be from the same family **PAGE 3**

## Remember to set your clocks back!

Daylight Savings Time ends 2 a.m. Sunday

## We have Ford scandal video: Police

"I have no reason to resign," Toronto mayor says at city hall, while police chief says he's 'disappointed' by the matter **PAGE 7**

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Abandoned in parking lot

## Soiled cats found in crates

The London Humane Society is investigating after a passerby discovered two crates of cats left in a downtown parking lot.

The discovery was made about 6 p.m. Wednesday between Queen and Dundas streets.

Humane Society executive director Judy Foster said nine adult cats were in the crates, which were soiled with feces and urine.

The cats are receiving care at the shelter. All are riddled with fleas that have caused them to lose patches of fur. The fur that's left is stained with urine and smoke odours, Foster said.

Investigators believe the cats were victims of animal hoarding, the accompanying cost of care and the time required to care for a large number of pets.

Anyone with information is asked to call 519-451-0500. **SCOTT TAYLOR/METRO**

Heartland Ontario

## More Habitat(s) for Humanity

The arm of Habitat for Humanity that serves Middlesex, Oxford and Elgin counties is expanding.

Effective Jan. 1, the non-profit agency will merge with the Habitat branch in Stratford-Perth, creating a regional organization called Habitat for Humanity Heartland Ontario. The merger is expected to result in serving more families.

"Our goal is to serve families by building affordable housing throughout the region," said Phil Squire, chair of the Habitat board for Middlesex, Oxford and Elgin. **METRO**



A London police officer cordons off an area outside the Richmond Street apartment complex where three people were found dead Thursday morning. **SCOTT TAYLOR/METRO**

# Three bodies found in apartment near UWO

## Richmond Street.

Police say all three believed to be from same family



**SCOTT TAYLOR**  
scott.taylor@metronews.ca

Police are being tight-lipped after three dead bodies were found Thursday in a ground-floor apartment unit at 1223 Richmond St.

The building, just north of the entrance to Western Uni-

versity, is inhabited mostly by students. Ages and other details about the victims have not been released.

What is known is that it's believed they were all members of the same family.

Police Const. Ken Steeves said a property-management employee entered the apartment and quickly called 911.

"At around 10 a.m., we were notified of a check-welfare call at this address," Steeves said. "When we attended, we found three bodies, all deceased."

No suspects are being sought, and police said there's

no threat to public safety.

Steeves said police were working with the coroner to determine the causes of death.

Residents in the building said police were asking if they had heard anything during the previous night. None said they had, and most expressed a sense of uneasiness about the news.

The original call to emergency workers Thursday was ominous. Police and paramedics were sent to the apartment after an "obviously" dead body had been discovered.

Shortly after the call, para-

medics left the parking lot without a patient as six or seven police cruisers pulled in. Soon after, detectives from the major-crimes unit arrived, followed a while later by the forensics unit.

Yellow police tape surrounded the east entrance of the building as officers filed in and out.

Steeves said the investigation is in its early stages and that more will be known in the coming days.

Anyone with information is being asked to call 519-661-5670 or Crime Stoppers at 800-222-8477.

1 NEWS

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Dr. Stuart Fogel, left, and test subject Lauren Binnie in one of the hi-tech bedrooms at Western University's Brain and Mind Institute on Thursday. MIKE DONACHIE/METRO

# Remember to sleep, remember everything else?

**Pillow talk.** Western sleep scientist reveals theory on how sleep reorganizes memory



MIKE DONACHIE

mike.donachie@metronews.ca

Will you remember to turn your clocks back this weekend?

According to a sleep expert at Western University, it all depends on how much rest you get.

As North America gets ready to change its clocks, Western sleep scientist Dr. Stuart Fogel revealed his fascinating theory about sleep and memory.

He's asking: Why do we sleep? And, although he thinks sleep serves several functions, a big one is supporting our memories.

"One of the primary functions of sleep, we think, is for the formation of new memories and the enhancement of memory function," said Fogel, who works at the

university's Brain and Mind Institute.

Fogel believes the sleeping brain sorts through the day's new memories, "rewiring" itself and storing them with longer-term knowledge so they can be accessed again.

He added: "We spend about a third of our lives sleeping. There's a very strong drive for sleep, and we need to understand why exactly the brain needs it as much as it does."

It seems Western is the place to find out.

Fogel gave Metro a tour of the university's brand-new sleep science centre, where test subjects — tired people, in other words — are wired up to state-of-the-art machines and monitored while they snooze.

There are three comfortable bedrooms, a control centre and more scientific equipment than on the bridge of the Starship Enterprise, all designed to scrutinize sleepers.

The computers record brain activity, eye movements, limb movements

and respiratory functions to understand what the brain does while we're out for the count.

The results, which are part of a variety of related studies by staff, could have an important role in medical science, including for coma patients, newborn babies and people who have disorders like sleep apnea.

## Best rest

### Same sleep time, same sleep quality

Asked how to ensure a good night's sleep, Dr. Stuart Fogel said it's all about routine.

The human brain "craves regularity," and having a 24-hour cycle including sleep at the same time for the same period is vital, he said.

Although eight hours tends to be the recommended amount, that's based on human averages — so some people need more or less.

And yes, teenagers do need a lot of sleep, Fogel added.

There's evidence that their bodies are producing growth hormones while they're conked out.

MIKE DONACHIE/METRO

## Critical question

**"We spend about a third of our lives sleeping. There's a very strong drive for sleep, and we need to understand why exactly the brain needs it as much as it does."**

Western University sleep scientist Dr. Stuart Fogel

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## Dog gone it. Fanshawe student needs help to ease pooch's pain

They say there's nothing you wouldn't do for your family — even when that family member has four legs and fur.

Emily Booth knows that feeling too well. Her shepherd mix she named Atari is in dire need of very expensive medical attention and, as a student at Fanshawe College, she doesn't know how to make that happen.

"My boyfriend and I just got him last year when he was two months old," she said. "We just got our first apartment, and I had really wanted a dog for a long time."

They found him on the website Kijiji.ca. The owner was three hours away, but the distance meant nothing to Booth.

"We just totally fell in love with him and we took him to the vet and got his shots and everything, but he started whining when he was eight or nine months old so we brought him back in to be



Emily Booth's shepherd mix Atari.  
CONTRIBUTED

examined."

Atari was sedated while X-rays were taken. The diagnosis: Severe hip dysplasia, a painful ailment that can eventually cause arthritis or even cripple a canine.

Atari has it in both hips. "He's going to need surgery, and I've been told that it'll cost between \$4,400 to \$4,700 per hip," she said. "And the consultation for the orthopedic surgeon will be almost \$600."

He's on supplements and painkillers, but something permanent needs to be done soon, Booth said.

With nothing to lose and a healthy dog to gain, she's hoping to raise the needed funds online on the website gofundme.com.

"I'm just hoping to get the story out there because I want to help him," she said.

SCOTT TAYLOR/METRO

### What is hip dysplasia?

- Hip dysplasia is an inherited condition resulting from an improperly formed hip joint.
- Because the joint is loose, the dog's leg bone moves around too much, causing painful wear and tear.

SOURCE: ASPCA.ORG



## Let the record show that this office killed it (costume-wise)

If you wanted to look up public records Thursday, you had to follow the yellow brick road. Staff in the Service Ontario records office at Dundas and Talbot streets went all out for Halloween, dressing as characters from the Wizard of Oz. To make sure the public had full enjoyment, they even headed across to Covent Garden Market to walk around and spread some not-so-spooky joy. MIKE DONACHIE/METRO

# Decoding the digit biz

## New numbers. Picking new area codes no fly-by-night move



SCOTT TAYLOR  
scott.taylor@metronews.ca

If the song 867-5309 (officially titled Jenny) debuted today instead of the quaint area-code-free early 1980s, Jenny would never have been able to remember it.

Phone numbers today are 10 digits long and, what's worse, the first three tend to change now and then to make

it all the trickier.

As of June 4, 2015, Southwestern Ontario will bring on board yet another area code because the unbridled proliferation of cellphones is quickly using up all the traditional 519 and the somewhat less traditional 226 area codes, the CRTC announced this week.

So, welcome to the brave new world of 548.

Five-four-what?

Why not 518 or 227 or something that more closely resembles what we have now to make it easier to remember?

It turns out things don't work that simply in the exciting world of phone numbers,

### By the numbers

39

Number of area codes in Canada, including two new ones announced this week (in Southwestern Ontario and Alberta).

explained a CRTC spokesman.

"When the need for a new area code arises, the CRTC looks at available number combinations and chooses a new area code that will result in as little confusion to customers as possible," said Guillaume Castonguay. "That means the new area code must

not closely resemble existing area codes in the region or in adjacent regions."

The combination of numbers must also steer clear of resembling the central office code (the next three numbers in the phone number) in the region.

"For example, in the case of London, we would not have chosen 434 as an area code, because this combination is used as a central office code in numbers such as (Metro's)," he said.

In other words, 434-434-3556 would never work, even if it does sound a little catchy.

So, 548 it is, like it or not. Jenny, don't lose that number.

more music  
more fun



more1039.ca

# Usher in your new moustache

**Making the cut.** Coun. applauds Mo' Bros, gives tips for trimming



**MIKE DONACHIE**  
mike.donachie@metronews.ca

Are you growing a moustache for Movember? Need a role model?

Then look no further than Harold Usher, the moustachioed city councillor who has sported an elegant mo' for almost 40 years.

Usher is a prostate cancer survivor and, after successful surgery 13 years ago, he even co-wrote a book about it: *Prostate! Prostate! Prostate! A Problem of Men*.

So he's all in favour of Movember.

"It's a wonderful cause," said Usher. "I think the people who



**Coun. Harold Usher has a handle on how to grow a mo'. MIKE DONACHIE/METRO**

created this in Australia a few years ago are ingenious because so many people adopted it.

"Here in Canada, we do better and better every year."

As well as raising awareness, Movember raises money to fight prostate and testicular cancer, and to combat mental health problems.

Usher urges men older than

40 to have an annual checkup to guard against prostate cancer and other health problems. He says anyone who thinks they might have a prostate problem should see their doctor quickly, because catching cancer early can make a life-saving difference.

As for those moustaches, they don't need to be limited to

## The mo' master

**"I look more handsome with a moustache."**

Coun. Harold Usher, with tongue in cheek

November, says Usher.

As a native of Belize, he spoke of a culture of moustache-wearing where people believe it "goes along with their eyebrows and the hair."

"It makes us look a bit more symmetrical," he said.

So if you want to keep your moustache after Movember, don't let it get over the lips or too far along the face, he advised. Don't trim it across its surface either because a mo' needs some body.

"The moustache needs to be relatively thick to look conspicuous, and it either should be conspicuous or nothing at all," he said.

## Metro man needs mo' money

### Movember marathon

This isn't going to be pretty.

Those very words have been said in books and movies countless times, but rarely have they ever rung as true as they do right now.

That's because for the first time in my life I'm growing a moustache for Movember — that lovely 11th month of the year dedicated to raising money for a wide range of projects that have to do with men's health.

I'm proud to be a part of such a worthy cause and to be counted among many London men who are doing their bit this month.

It's not going to be easy.

I've seen myself with a moustache and it's not a good thing. It really isn't.

I'd prefer we grew full playoff beards or Elvis-like

sideburns or put on Viking helmets (with large white horns, of course) and belted out some opera licks during the halftime show at the Mustangs game this weekend.

This Movember movement started slowly years ago, but it's since picked up a serious head of steam. Last year, \$146.6 million was raised globally.

That's not bad for a bunch of hairy upper lips.

I'm going to be writing a weekly blog at metronews.ca about my progress, about the initiative itself and about how my fiancée looks at me in quiet desperation all month long.

While you can't ease the pain, you can help make it worthwhile. Support my mo' with a donation by searching for me at mobro.co. Or give a buck or two to some of my many comrades in this hairy test.

**SCOTT TAYLOR/METRO**

## History's greatest moustaches

MIKE DONACHIE/METRO



TORSTAR NEWS SERVICE

### Chris Hadfield

There's only one word to describe Chris Hadfield's facial hair: Cosmic. He took this baby into space and back again, and it was the real commander of the International Space Station. When we finally make first contact with an alien race, Hadfield's mo' needs to be right there to impress them.

### Freddie Mercury

Admit it: There was a time when we all wanted to be Freddie Mercury. One of the greatest entertainers in history, he sported a mo' to make lesser men weep. Say what you like, but when Mercury's career was at its height, he rocked that 'stache.



CONTRIBUTED



THE ASSOCIATED PRESS

### Salvador Dali

An artistic statement in itself, Salvador Dali's moustache is a defining characteristic of an entire cultural movement. The Spanish painter's top lip is still a source of fascination. Even now, a caricature of an artist often includes a weird moustache. This one's genuinely iconic.

### Burt Reynolds

Back when body hair was at its sexiest, Burt Reynolds was the man, and the man had a moustache to envy. It may be going grey as the years take their toll, but the Smokey and the Bandit star remains dedicated to a little fringe on his upper lip.



GETTY IMAGES



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### Lanny McDonald

Lanny McDonald may have a 16-year career as a hockey star with more than 1,100 games, but his magnificent moustache is a part of his legend. Splendidly red and bushy, it got on to the ice before him and still makes Canada proud.

### Tom Selleck

In the '80s, Magnum P.I. star Tom Selleck pretty much redefined masculinity with help from his famous face hair, and he didn't stop there. He's back in the spotlight thanks to cop show *Blue Bloods*, and the splendour of his top lip continues.



GETTY IMAGES



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**Quoted**

"I have no reason to resign. I'm going to go back and return my phone calls. I'm going to be out doing what the people elected me to do and that's save taxpayers money and run a great government." Toronto Mayor Rob Ford



**Quoted**

"As a citizen of Toronto I'm disappointed. This is a traumatic issue for the citizens of this city and for the reputation of this city and that concerns me."

Toronto police Chief Bill Blair

# Ford 'crack video' in police hands

**Bombshell.** Footage could go public amid court proceedings involving Toronto mayor's friend



JESSICA SMITH

Metro in Toronto

An associate of Toronto Mayor Rob Ford is heading to court Friday morning on an extortion charge that may give the public its best shot at seeing the infamous "crack video."

Toronto police Chief Bill Blair announced Thursday the force had recovered the video from a hard drive seized during "Project Traveller," a guns and drugs investigation, on June 13.

He said the video is "consistent" with media reports. The video allegedly shows the "mayor, obviously impaired, smoking what appears to be crack cocaine and making homophobic and racist slurs," reports said.

Police technical experts recovered the video after it had been deleted from a hard drive and gave it to investigators on Oct. 29. As a result, Alexander (Sandro) Lisi, Ford's friend and occasional driver, was charged with extortion. Police accuse him of "extortive efforts to retrieve a recording" of the video since April.

Blair said the video will be submitted to court as evi-

**Staying put for now**

Despite the pressure on Ford, municipal law makes no provision for his forced removal from office unless he's convicted and jailed for a criminal offence.

- "There's nothing we can do at this point," Ontario Municipal Affairs Minister Linda Jeffrey said.

- "The province has no power to remove anybody, and obviously we'd have to wait as the investigation unfolds as to next steps."

dence in this case, making it part of the public record — media can request copies. However, if Lisi pleads guilty before evidence is introduced, the video may not be made public.

Blair also said there is more than one video, and he has seen them.

"There were several video files relevant to this investigation, and two videos that are particularly relevant to this investigation," said Blair.

His announcement came shortly after the release of partially redacted court documents pertaining to Lisi's arrest for trafficking on Oct. 1.

The documents show police tailed Ford, who called Lisi often and frequently met with him. Police observed Lisi passing plastic bags and envelopes to Ford.



Mayor Rob Ford walks past Halloween decorations on his way to talk to media at city hall in Toronto on Thursday. Ford says he has no reason to step down despite police confirmation they have seized a video that media have alleged appears to show him smoking crack cocaine. FRANK GUNN/THE CANADIAN PRESS

**Clayton Ruby**

## Lawyer decries 'botched' probe

A renowned lawyer who failed to have Rob Ford ousted from office accused Toronto police on Thursday of deliberately giving the embattled mayor a pass on his alleged drug use and ties to accused and convicted traffickers.

Following police assertions they were now in possession of a video showing Ford appearing to smoke crack cocaine, Clayton Ruby was scathing about the investigation.

"The police have either ignored or overlooked all the evidence against Ford," Ruby told The Canadian Press.

"I've never seen such a botched investigation, and I've seen thousands."

Ruby called it "inexplicable" police never searched Ford's car or home, or wiretapped his phone." THE CANADIAN PRESS



A police surveillance photo of Toronto Mayor Rob Ford, left, and friend Alexander Lisi.

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**IN THEATRES TODAY**





# Kenyan women cry for justice

**Rally protests teen's gang-rape.** Police freed suspects after making them cut grass as punishment

Hundreds of women in Kenya are protesting after a teenager was gang-raped and the only punishment for the suspects was that they had to mow the police station lawn.

About 300 women marched through Kenya's capital on Thursday to protest the rape of a 16-year-old girl publicly identified only as Liz.

The online activist group Avaaz says Liz was gang-raped in June and she is now wheelchair-bound. The group says police arrested the suspected perpetrators but only made them cut grass at the police

## The attack

The girl was attacked and repeatedly raped after returning from her grandfather's funeral in June, according to BBC News. She was thrown, unconscious, into a nearly seven-metre-deep pit latrine.

station as punishment.

More than 1.3 million people have signed an Avaaz petition calling for the prosecution of the alleged rapists and an investigation of the police who freed the suspects.

One protester, Fanis Lisegali, noted that Liz now suffers from health problems including a fistula. Lisegali said he wants the government to ensure that justice is carried out. **THE ASSOCIATED PRESS**



Hundreds of women protest at a demonstration in Nairobi, Kenya, Thursday, after a teenager was allegedly gang-raped in June and no one was jailed. Police who arrested the suspected perpetrators freed them after only making them cut grass at a police station as punishment. **THE ASSOCIATED PRESS**

# Remains of 360 people dug from Bosnia grave



Forensic experts search for human remains at a mass grave in Tomasica, near the Bosnian town of Prijedor, on Thursday. **AMEL EMRIC/THE ASSOCIATED PRESS**

Two decades after Serb soldiers conducted house-to-house searches in a campaign of ethnic killings in Bosnia, forensic scientists are digging up what could turn out to be the largest mass grave from the 1992-95 war.

So far, the remains of 360 people have been found at the Tomasica mass grave discovered in September near the northern town of Prijedor, far more than expected, authorities said Thursday. The number is expected to rise

and could one day surpass the 629 bodies found at Crni Vrh in Srebrenica.

The Missing Persons' Institute said the Tomasica grave is linked to a secondary one found in 2003 about 10 kilometres away, where 373 bodies were extracted. Authorities believe the killers moved parts of the remains from one grave to the other to hide the crime. The bodies are of Bosniak and Croat men, women and children killed in their villages during the war. Most

## Grave size

# 5,000

The grave covers more than 5,000 square metres and is 10 metres deep.

of the victims were killed in their villages but teams have also found bullets in the grave, which indicates this was also an execution site, prosecutor Eldar Jahic said.

Near the grave, Vahida Behlic, 51, was sobbing as

she watched forensic experts carefully lifting bones from the site, where skeletons were piled on top of each other. She thinks one of the skeletons could be of her mother, who was 60 when Serb soldiers came, dragged her out of the basement and shot her in front of her house.

"I heard the story from a witness who survived because his own grandmother threw herself on him and covered him with her body," she said. **THE ASSOCIATED PRESS**

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# EXCLUSIVE **TOMORROW'S WORLD TODAY.**

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## **Douglas Coupland**

Douglas Coupland is a Canadian novelist, visual artist and designer. His first novel, published in 1991, was *Generation X: Tales for an Accelerated Culture*. He has published 13 novels, a collection of short stories, seven nonfiction books, and a number of dramatic works and screenplays for film and television. Douglas Coupland's novels and visual work synthesize high and low culture, web technology, religion, and changes in human existence caused by modern technologies.

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## Party tensions set the tone for Conservative convention in Alberta

**Tough times for the Tories.** MPs and delegates have begun to arrive in Calgary amidst political controversy

A flood postponed their convention in the spring — now Conservatives are facing a deluge of political challenges as they gather in the party's heartland.

The ongoing Senate expenses scandal and allegations of a coverup at the most senior levels is expected to be a hot topic in the convention corridors, even if the upper chamber is not officially on the agenda.

The Conservative caucus and senior ranks have been wearied by the controversy. Some say they have felt broadsided by constant bursts of new information — including embattled Sen. Mike Duffy's latest



A cameraman adjusts his camera in the main hall at the Conservative convention in Calgary Thursday. JEFF MCINTOSH/THE CANADIAN PRESS

revelation that the party paid \$13,500 for his legal fees. That's in addition to the \$90,000 the prime minister's chief of staff secretly gave to Duffy to repay contested living expenses.

But the roller-coaster ride in Ottawa hasn't appeared to put a damper on registrations for the convention.

MPs and delegates began streaming into the city Thurs-

day, as registration opened at the Calgary stampede grounds — an area that was underwater during the June floods.

Party president John Walsh says despite the change in dates due to this spring's flooding in Alberta, he predicts a record 3,000 people will attend Stephen Harper's keynote speech Friday night.

THE CANADIAN PRESS

### Montreal

#### Man rescued months after bear attack

A man has been rescued, clinging to his life, after spending three months in a remote forest during which he survived a bear attack.

Police are sharing the improbable story of Marco Lavoie, 44, an experienced hiker who set off on what was supposed to be a two-month excursion on July 16, 2013. Police can't say exactly when the bear attack occurred but it was likely in mid-August.

THE CANADIAN PRESS

### Montreal

#### Jacked-up-o'-lantern

Montreal border officials have stumbled upon a Halloween surprise.

The Canada Border Services Agency says a woman was arrested Thursday with three pumpkins in her luggage at Montreal's Trudeau International Airport. The pumpkins were allegedly stuffed with two kilograms of what is believed to be cocaine. THE CANADIAN PRESS

## Britain. Alleged affair between tabloid execs ruffles phone-hacking trial

In a blockbuster court declaration in Britain's phone-hacking trial, prosecutor Andrew Edis says two of Rupert Murdoch's senior tabloid executives — Andy Coulson and Rebekah Brooks — had an affair lasting at least six years.

The affair covered the period when she was editor of Murdoch's News of the World tabloid and Coulson was her deputy. Coul-

son later edited the same paper and then became a top media adviser to Prime Minister David Cameron.

Edis made the disclosure Thursday during Coulson and Brooks' trial on phone-hacking allegations, the first major criminal case to go to court in the hacking saga. Coulson, Brooks, and her husband, Charles, all deny the charges against them.

THE ASSOCIATED PRESS



Former News of the World editor and Downing Street communications chief Andy Coulson, left, and Rebekah Brooks had an affair, court was told Thursday. KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS



# 'Kitchen consigliere' cooks up Mob-themed resto

**Convict turned chef.** Instead of swimming with the fishes, Angelo Lutz is serving up fish dishes, and other classic Italian fare

When he was on trial for racketeering, Angelo Lutz denied the Mob's existence, but now he's using his past in organ-

ized crime to promote his new restaurant, the Kitchen Consigliere.

The sign out front echoes the logo for The Godfather, but with a chef's hat. A mural on one wall puts Lutz, also known as Fat Ange, at a table with famous gangsters, both real (John Gotti) and fictional (Tony Soprano). Scones to hold lights look like 9-mm handguns.

Lutz is using some unsavoury associations as he attempts a transformation from

## Difference of opinion

**"I'm not a gangster.... The government considered me a gangster.... But what I am now is a businessman."**

Angelo Lutz, one of seven men convicted in a 2001 Mob trial that made him a celebrity

prisoner to opinionated celebrity chef.

Last week, he moved his

operations from an 11-table restaurant to one three times as large on a prominent corner of the hip, foodie-friendly Philadelphia suburb of Collingswood.

Lutz was one of seven men convicted in a 2001 Mob trial that made him a celebrity.

The night before he entered prison, he cooked for his own going-away party, leading one TV reporter to call him "the kitchen consigliere."

THE ASSOCIATED PRESS



Angelo Lutz, who served several years in prison for racketeering and extortion, plays up his criminal past in the decor of his restaurant — complete with cheesy gun lamps and faux bullet holes in a door. MATT ROURKE/THE ASSOCIATED PRESS

## Text away

### Cells on a plane: FAA lifts ban on electronic devices

Airline passengers won't have to "turn off all electronic devices" anymore — they'll be able to read, work, play games, watch movies and listen to music from gate to gate under new guidelines from the Federal Aviation Administration. THE ASSOCIATED PRESS

## Fired for being late

### Disabled Walmart greeter gets job back after outcry

Walmart is giving a disabled Colorado man his job back after he was fired as a store greeter for clocking in late after lunches.

Matt Wood suffered a brain injury in a car crash and has worked for Walmart since 2008. His wife says new managers complained about his time management, so she took away his Kindle and cellphone to avoid distractions. THE ASSOCIATED PRESS

## Market Minute

**DOLLAR**  
95.90¢ (+0.52¢)

**TSX**  
13,361.26 (-94.07)

**OIL**  
\$96.38 US (-39¢)

**GOLD**  
\$1,323.70 US (-\$25.60)

**Natural gas:** \$3.57 (no change)  
**Dow Jones:** 15,545.75 (-73.01)

## Mail 2014. Cavalcade of Canadians on stamps

Singing superstar Shania Twain and the late Saskatchewan curler Sandra Schmirler are among the notable Canadians who will be celebrated with postage stamps in 2014.

To coincide with the upcoming Winter Olympics in Sochi, Russia, a series of stamps will be issued in February commemorating notable Canadian athletes.

They include Schmirler, who skipped Canada to the first gold medal in women's curling at the 1998 Winter Games in Nagano, Japan. She died of cancer in 2000.

Another stamp will honour freestyle-skiing pioneer Sarah Burke of Barrie, Ont., who died in a training accident in Utah in 2012.

Figure skater Barbara Ann Scott of Ottawa, who won an Olympic gold medal in 1948 and who died last year, will also be honoured.

And several country music stars will be feted by Canada Post in a series to be issued in July — including Twain, Tommy Hunter, k.d. lang, Renee Martel and Hank Snow.

THE CANADIAN PRESS

## Amazon enters competitive grocery space

Online retailer Amazon is taking on supermarkets by delivering food directly to Canadians' doorsteps.

The retail giant, which built its business selling books and entertainment through the mail, launched its new grocery category Thursday, in what's certain to be an intensifying battle between grocers.

Amazon says the initial selection includes 15,000 non-perishable grocery products, like coffee, cereal and

## Tailoring the experience

**"No one customer is the same, so our focus is on providing a broad selection of brands so that customers can easily and instantly find and buy exactly what they are looking for."**

Amazon.ca country manager Alexandre Gagnon in an emailed response

baby food, from a variety of brands such as Campbell, Nestle, Pepsi and Kellogg.

While the launch doesn't include perishables like

milk, fruits or vegetables, it's a strong sign that Amazon wants to make inroads in an area of the food business that hasn't been tapped by any

company in Canada outside of major cities.

Amazon.ca country manager Alexandre Gagnon said the next step is to grow its lineup of products.

The strategic move will make it tougher for the country's biggest grocers like Loblaws, Sobeys and Metro, who have been focused in the last few years on competing against U.S. big-box retailers like Target and Walmart.

THE CANADIAN PRESS



Shania Twain will be on a stamp next year. THE CANADIAN PRESS



# KITTY DOUBLES AS CANDY MAN

**1 Diploma-see?** North Korea's Kim Jong-un received an honorary PhD from a private Malaysian university. The institution bestowed the leader with a doctor of economics degree. Dr. Kim will, no doubt, wield the title with a straight face while governing one of the world's most dysfunctional countries, but on the bright side, maybe now he can get another job.

**2 Spy vs. spy.** There was an outcry of shock and disbelief in Europe after discovering that the U.S. National Security Agency was listening in on high-ranking Spanish, German and French officials. Government spokespeople issued disapproving statements with words like "disgraceful," or "appalling," referring of course to the act of getting caught.

**3 Mama say what?** Just months after Kim Kardashian gave birth to her daughter, the reality star is thinking of posing for Playboy again. Apparently, she is eager to show all of those people that made fun of her weight gain that she is hot again. Way to go,



**THE METRO LIST**  
**Mike Benhaim**  
metronews.ca

Kimmy. It's nice to see those maternal instincts kicking in.

**4 Here's lookin' at you.** Employing eye-tracking technology that measures, in milliseconds, how long the eyes are fixed on certain spots, a new study revealed that men spent more time on women's bodies than their faces. Before this technology, scientists lacked conclusive proof as they relied solely on verbal information, which brings us to two conclusions: Men are perverts, AND liars. And people say we don't spend enough on education.

**5 Oops.** A teaching assistant at the University of Iowa sent her math students an email saying, "Hi Class, I attach the solutions for number 76 and 78." Instead, she accidentally sent nude pictures of her and a man pleasuring themselves. The images went viral immediately, but even more regrettable was that some students spent the entire night trying to figure out how those images could possibly add up to the square root of a prime

number.

**6 The pusher.** A cat in the European Republic of Moldova had been travelling freely in and out of the local prison through a hole in a fence. Suspicious guards apprehended the feline and discovered two packets of cannabis attached to its collar. The cat's lawyer argued that it was prescribed for a medical condition, and drew a plea bargain in exchange for the whereabouts of a long sought-after bunny rabbit that had been hiding out nearby.

**7 This week in music.** In 1998, Cher became the first woman over 50 to have a No. 1 single in the U.K. with Believe. But when Cher does something, she goes all the way. The song hit No. 1 in another 22 countries as well. That was 15 years ago, and she probably has one left in her.

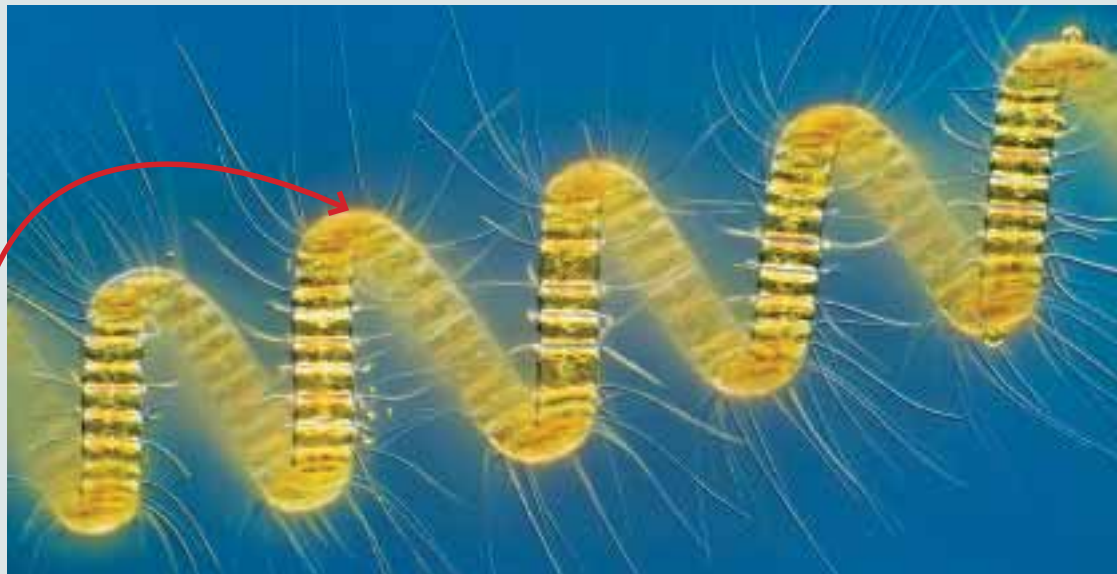
**8 Walk on the Wild Side.** This week, we lost rock 'n' roll pioneer Lou Reed, lead singer and songwriter for one of the greatest bands to barely sell any records, The Velvet Underground. Lou was a poet and innovator of change. He walked softly with purpose, blazing a trail for all who followed. He will be missed.



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## ZOOM

### Here little phytoplankton...



COURTESY WIM VAN EGMOND/NIKONSMALLWORLD.COM

#### Marine diatom pic wins contest

An image of a hairy, coiled yet sublimely beautiful phytoplankton has won this year's Nikon Small World Photomicrography Competition, which showcases the best photographs taken through the microscope.

The picture of *Chaetoceros debilis*, a marine diatom, was captured by Dutch photographer Wim van Egmond. **METRO**

#### Q and A

##### 'They are tragically beyond our perception'



**WIM VAN EGMOND**  
Photographer, 47,  
from Berkel en  
Rodenrij, the  
Netherlands

##### What exactly is it?

This particular species forms a colony in the shape of a chain like a helix. I gathered this sample from the North Sea by

the Dutch coast.

**Why is taking photographs of plankton so important?**  
I'm basically shining a light on a world that we know very little about, but one that is so important to our existence. Diatoms produce almost half of the Earth's oxygen through photosynthesis in our oceans. What's more, diatoms and other plankton are the foundation of the food chain in the

natural world. Their role in our lives cannot be understated, but since diatoms seem invisible to us, they are tragically beyond our perception.

**You're a die-hard diatom fan ...**  
Yes, they are so wonderful and bizarre; with 25,000 different species of them, with no two individuals exactly alike, diatoms are an endless source of inspiration. This is the basis from which all life started. **METRO**

#### Clickbait



**HANNAH ZITNER**  
hannah.zitner@metronews.ca

While I'm not advocating for public shaming or mob justice, once in a while, people just have to be put in their place. And sometimes, just sometimes, that only works if someone's watching. Luckily, when it comes to Twitter, someone (or some algorithm) is always watching. Consider yourself warned.

#### @yesyoureracist:

Generally, if someone starts a sentence with "I'm not racist, but ..." they are clearly racist. This bot retweets those fools in an attempt to school them out of their idiotic, backwater ways. Halloween should be a particularly busy time for this bot with people still asking, "Why is blackface racist?"

#### @yesyouresexist:

The lesser-known offspring of @yesyoureracist works in the same way but, as imagined, calls people out on their sexist slip-ups. "I'm not sexist but females never have valid opinions on sports." Jerk.



DANNYBIRCHALL/Flickr

#### Twitter



**@metropicks asked:**  
What's the best way to explain to an eight-year-old the calamity that is @TOMayorFord?  
#toronto #TOPoli #RobFord

**@SmidorTyutin:** "Remember the time daddy had too much beer? This miserable son of a b--ch has had too much beer all the time."

**@AdamAJTupper:** You stay away from that Mayor Ford. He likes death candy and calls people bad names on video when he has that candy

**@MauriXXI:** and that is why he has to resign...

**@nataliegtherapy:** Haven't U heard 'There Ain't No Crack Video'? song re #RobFord #TOPoli

**@FrenchmanCanada:** Ford couldn't get his own reality TV show so he decided to run for mayor. He got elected. And then we got the best show to watch

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MARK SPOWART/FOR METRO

**▶ INSIDE:** Regular-season schedule, team roster, player profiles, photos and much more!





# Richardson relationship with Stern everlasting

**SECOND CHANCE.** London Lightning head coach the right man for the right job in London



**DAVE LANGFORD**  
dave.langford@metronews.ca

The relationship between London Lightning head coach Micheal Ray Richardson and NBA commissioner David Stern is something that will never come to an end.

And in many ways, it mirrors the life of the former NBA all-star.

Richardson, now beginning his third season as head coach of the National Basketball League of Canada's Lightning, was once one of the best players the NBA had ever seen. He was picked fourth overall in the 1978 NBA draft, two spots ahead of Hall of Famer Larry Bird.

Richardson, starting with the New York Knicks, went on to be a four-time NBA all-star over the course of the next eight seasons.

But then in 1986, Stern was forced to step in and ban Richardson for life, following three positive drug offences.

Richardson went on to play professional basketball in Italy, Croatia, Israel and France and while there caught up again with Stern in Paris where the Chicago Bulls and San Antonio Spurs were playing an exhibition game. The year was 1997.

"I went up to (Stern) at halftime just to say no hard feelings," Richardson told Metro. "He doesn't know it, but he probably saved my life."

Stern invited Richardson up to his box for the second half and the relationship from that point on took a much more positive turn.

"Ever since that day, we have become real good friends," Richardson said.

Jump ahead to a little more than three years ago, the newly formed London Lightning had the position of head coach available and Richardson came knocking.

"I was over in Bangkok, Thailand, coaching the Asian national team, and I came home because my mom was sick. And then I was reading online where there was a new league in Canada and there were some teams looking for coaches, and I was wondering why I hadn't been contacted," Richardson said. "And so I called Taylor (Brown, the Lightning general manager), and they flew me up the next day."

Brown, smiling, said Richardson's version of that story, while similar, was slightly different.

"The true story is he called me up and gave me (crap) be-



London Lightning coach Micheal Ray Richardson is no stranger to the court. The former NBA all-star turned coach has seen it all close to four decades of professional basketball. ANGELA MULLINS/METRO

cause I hadn't called him," Brown recounted. "I said, 'Micheal, we don't have your resume, and I have no idea that you wanted to coach in London. He said, 'I do want to coach.'"

Micheal has a good ego. He was talking about his championships that he had won and that was music to our ears."

Brown said he and Lightning owner Vito Frijia immediately brought Richardson to London.

"We took him to the Delta

hotel and we sat there until about one in the morning. We didn't talk anything about the Lightning. We talked about his past. We talked about his buddies who are playing in the NBA," Brown said. "We hit it off. We didn't want to leave the Delta. He said guys, 'I've kind of gotta go to bed.' The next day, we toured him around London. We took him to meet the mayor. At this point, Vito and I talked and we decided this was our guy."

But the deal was not done yet, Brown said. They still had

some concerns, but they also knew Richardson deserved a "second chance," and they conveyed that to him while driving around London.

"He pulled out his cell-phone and on speaker phone, he dialed the commissioner's cell phone number. And within two seconds, the commissioner had picked up. And they had a great chat," Brown said. "(Richardson) said, 'I'm on a job interview, would you recommend me?' (the commissioner) said, 'absolutely.' I said, 'thank you Mr. Stern."

He's hired."

Frijia said it was one of the best decisions the Lightning has ever made. Two NBL championships in two years attest to that.

"Micheal Ray has a really, really good heart and it's great when people have a second chance to respond and rebuild their careers in life," Frijia said. "He loves basketball. He hates to lose. I have never seen a more competitive individual. I am really, really competitive and he's even more competitive."

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**In Micheal's words**

**The NBL:**

"Every year, it's a lot more work because the teams in our league are getting better. So what we have to do is go out and find better players because we want to get better too."

**London:**

"It's a great city, great fans. I think that the people here have really adapted to basketball. It's a safe city, a clean city. I'm really enjoying it."

**Coaching in the NBA:**

"It's not how qualified you are, it's who you know. And in the coaching ranks, it's a buddy, buddy system. If I get one of my buddies in, I could probably get in."

**His relationship with God:**

"If I wasn't religious, I wouldn't be where I am today. Because without Him, it couldn't have been done."

**How long he will continue coaching:**

"As long as I am healthy, as long as I have the desire to win and to enjoy what I am doing, I could do this forever."

**Name game:**

Google Micheal Ray Richardson or Michael Ray Richardson and you will find plenty on the London Lightning coach. But only one spelling is correct and that is Micheal Ray Richardson. Honest. It's on his passport, Lightning general manager Taylor Brown confirmed. Argument ends there.

"This is his second home. He's comfortable here, and we're happy and fortunate to have him here."

Richardson and Stern speak regularly and they chatted again after Stern announced a year ago that he would be stepping down as commissioner on Feb. 1, 2014 — exactly 30 years to the day after he took on the position.

"When (Stern) was interviewed after he announced he was going to retire, he was asked the hardest thing he had to do and he said it was

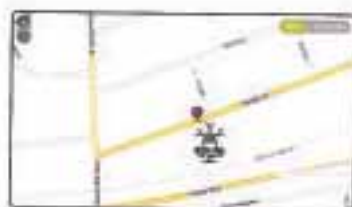
to suspend me," Richardson said. "After that, I gave him a call and said you can't take the blame for that. I take full responsibility. And I don't want him to feel there is some sort of burden on him for what he did."

"He had to do what he had to do."

Richardson has been doing what he has to do as well.

With the NBA commissioner — and the Lord — on his side every step of the way.

**GOOD LUCK LIGHTNING ON YOUR WAY TO THE THREE PEAT!**



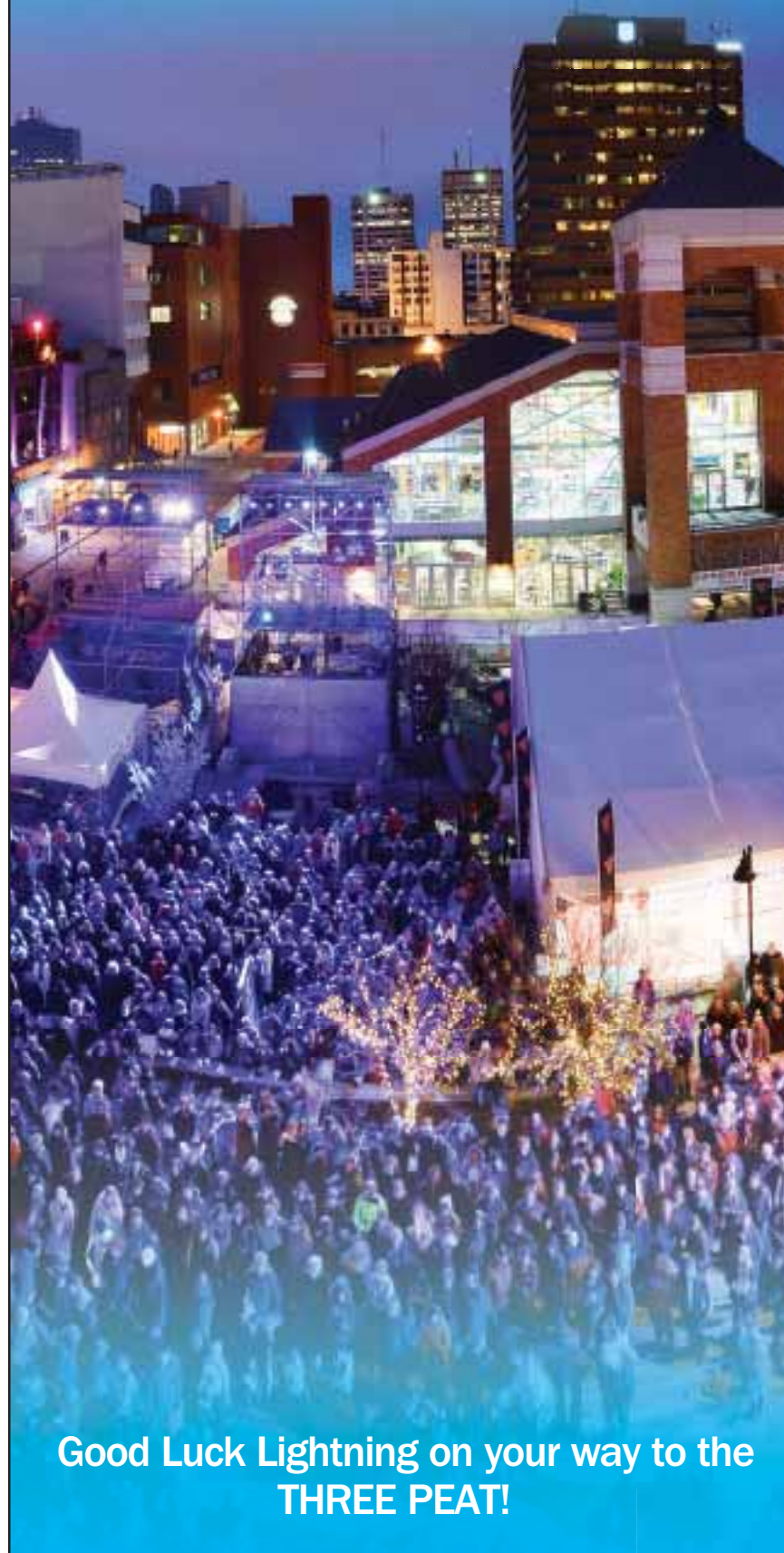
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**Good Luck Lightning on your way to the  
THREE PEAT!**

# LIGHTNING

## LONDON

### 2013-14 Schedule

NOVEMBER						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 <b>WIN</b> 7:00PM	2 <b>MIS</b> 7:00PM
3	4	5	6	7	8	9 <b>OTT</b> 7:00PM
10	11	12	13	14	15 <b>WIN</b> 7:00PM	<b>BRAM</b> 7:00PM
17 <b>MIS</b> 4:00PM	18	19	20	21 <b>MIS</b> 7:00PM	22	23 <b>WIN</b> 7:00PM
24 <b>OTT</b> 2:00PM	25	26	27	28	29	<b>MONC</b> 7:00PM

DECEMBER						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4 <b>OTT</b> 7:00PM	5 <b>MIS</b> 7:00PM	6	7 <b>WIN</b> 7:00PM
<b>BRAM</b> 2:00PM	9	10	11	12 <b>MIS</b> 7:00PM	13	14
15	16	17	18	19 <b>HAL</b> 7:00PM	20	21
22 <b>OTT</b> 7:00PM	<b>BRAM</b> 7:00PM	24	25	26	27 <b>MIS</b> 7:00PM	28
29 <b>MIS</b> 2:00PM	30	31				

JANUARY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 <b>WIN</b> 2:00PM	2	3	<b>BRAM</b> 7:00PM
5 <b>OTT</b> 2:00PM	6	7	8	<b>BRAM</b> 7:00PM	10	<b>CTWN</b> 7:00PM
<b>MONC</b> 7:00PM	13	14	15 <b>WIN</b> 7:00PM	16	17	18 <b>HAL</b> 7:00PM
19 <b>STJ</b> 4:00PM	20	21	22	23	24	25 <b>MIS</b> 7:00PM
<b>BRAM</b> 2:00PM	27 <b>OTT</b> 7:00PM	28	29	30	31	

FEBRUARY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6 <b>WIN</b> 7:00PM	7 <b>WIN</b> 7:00PM	8
9	10	11	12	13 <b>OTT</b> 7:00PM	14	15 <b>OTT</b> 7:00PM
16	<b>BRAM</b> 2:00PM	18	19	20 <b>STJ</b> 7:00PM	21	<b>CTWN</b> 7:00PM
23	24	25	26	27	<b>BRAM</b> 7:00PM	

#### ABBREVIATIONS FOR TEAMS

WINDSOR EXPRESS	WIN	MONCTON MIRACLES	MONC
MISSISSAUGA POWER	MIS	HALIFAX RAINMEN	HAL
OTTAWA SKYHAWKS	OTT	CHARLOTTETOWN STORM	CTWN
BRAMPTON A'S	BRAM	SAINT JOHN MILLRATS	STJ

HOME

AWAY

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London Lightning owner Vito Frijia wants to have different London charity involved in each home game this season.

ANGELA MULLINS/METRO

# Lightning owner makes giving back focal point for the 2013-14 season



DAVE LANGFORD  
dave.langford@metronews.ca

London Vito Frijia is not a typical professional sports team owner. Far from it actually.

The 54-year-old owner of Southside Group and owner of the London Lightning basketball team uses words such as "community" and "charities" and "giving back" very liberally.

And that use of the English language is music to the ears of Londoners and particularly London charities.

Frijia said the team's goals have changed from breaking even year one to broadening the scope of the team's community involvement this season.

"Obviously, my staff and I feel a little bit more comfortable. We know what to expect," Frijia said. "And we want our team to grow to reach everybody in the community. To really be a com-

munity team.

"So our goal was to lead the league in attendance, to win a championship, to lead the league in sponsorship and our fourth goal — my staff I are working on it daily now — is we would like to have a charity at every single game, and our goal is to raise \$200,000 through basketball for the local charities."

Frijia said he owes a lot to the city after emigrating with his family from Curinga, Italy, in 1969 and attending St. Mary's elementary school, Catholic Central high school and Fanshawe College.

And now, with his construction and development business in very good financial shape and his basketball turning a profit, he is looking for the best ways to say thanks.

"I think some of the charities are shocked when we are calling them asking them to be involved, to come to the game, to do 50-50 draws and

so on and so forth," Frijia said.

Lightning general manager Taylor Brown said his Southside and Lightning boss isn't kidding.

"I truly believe that if he does make money in this business in one way, shape or form, it will be divied out to different community initiatives or charities," Brown said. "He wants to have a different charity at every game this year."

Brown said the real Frijia is not the same Frijia that you might see when dealing with him in the tough business world of construction.

"He's got a huge heart. He's taught me a lot in life and business. He deserves a tonne of recognition," Brown said.

Again for the right reasons, Frijia had nowhere to hide in 2012 when he stepped in to fund and organize a 40th reunion dinner for the 1972 Summit Series hockey

team after sponsorship for the event fell through.

Prime Minister Stephen Harper was seated at Frijia's table as he pulled together hockey stars from that '72 team for a 650-person dinner at the Toronto Royal York Hotel. With Ron Ellis at the podium, Vic Hadfield and Bill White presented Frijia with a watch and bottle of wine for his efforts.

But while he was a big help in a national hockey venture, it is basketball that is his first love. Frijia as a two-time Canadian college champion with the Fanshawe Falcons.

"Basketball was always a really big part of my life. I loved to play," Frijia said. "I was fortunate enough to be able to move on in my business life, and now I am able to give back to the city I love and the sport I love."

"For me, it's a little piece of heaven whenever we have a game."

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## The lowdown from two Lightning giants



**DAVE LANGFORD**  
dave.langford@metronews.ca

Gabe Freeman and Marvin Phillips are two players the London Lightning will be relying on heavily to bring home a three-peat for the Forest City.

The credentials for both are first rate.

Freeman, a 6-foot-5 power forward was the NBL's most valuable player two seasons ago as a member of the Lightning. Last year, he played in the Philippines, but he is back in a big way this season.

Marvin Phillips, two inches taller than Freeman, is also a power forward and was the playoff MVP last year as the Lightning won its second consecutive NBL championship.

Freeman and Phillips sat down to give Metro the lowdown on what makes them tick off the court.

# GABE FREEMAN

**Q:** Best thing about London?

**A:** "My community, by far. The people here are amazing. The greatest people on Earth. I love it here. Basketball is one thing, but for the community to have our backs like they do and for us to get support like we do is kind of a no-brainer to be here."

**Q:** Favourite NFL team?

**A:** "Green Bay Packers."

**Q:** Beer or wine?

**A:** "Beer."

**Q:** Winter or summer?

**A:** "Summer."

**Q:** Favourite NBA team?

**A:** "Phoenix Suns."

**Q:** Favourite NBA player?

**A:** "Kevin Garnett."

**Q:** Favourite hockey team?

**A:** "London Knights."

**Q:** Blackberry or iPhone

**A:** "iPhone."

**Q:** Music on your iPod?

**A:** "Future. Free Bands."

**Q:** PlayStation or Xbox?

**A:** "PlayStation."

**Q:** Expectation for home opener on Saturday?

**A:** "Is come out here and beat the ... bricks off that team."

**Q:** Capital of Canada?

**A:** "I don't know. Is it Toronto?"

**Q:** Favourite TV show?

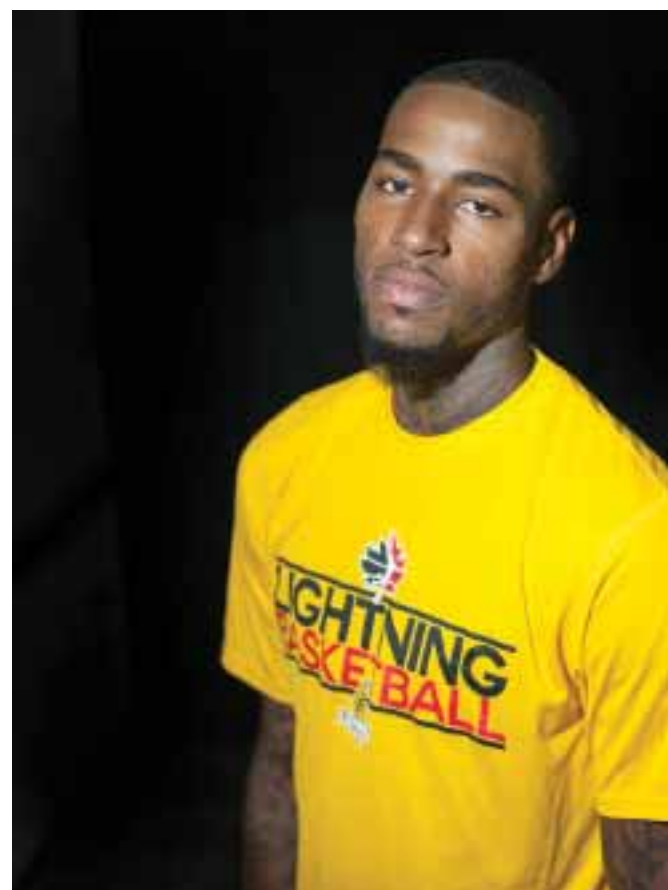
**A:** "Breaking Bad."

**Q:** Worst thing about London?

**A:** "There is no worst thing about London. Worst thing about London is that it gets cold, how about that?"

**Q:** Best trick to play on a rookie?

**A:** "Kick all the balls in the stands and make the rookie go get them."



Lightning forwards Gabe Freeman, left, and Marvin Phillips.

MARK SPOWART/FOR METRO

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**GOOD LUCK TO THE LIGHTNING  
ON THE WAY TO THE THREE-PEAT!**





## MARVIN PHILLIPS

**Q:** Best thing about London?

**A:** "I would have to say it's the community. Real friendly. My whole time I've been here only heard of maybe one or two (major) crimes committed. Seems like a real peaceful place to live."

**Q:** Worst thing about London?

**A:** "Oh God, the weather. I friggin' hate the weather. If we could have snow with sunshine, I would be fine. I love the snow, but I hate that it gets so cold here."

**Q:** Beer or wine?

**A:** "Wine."

**Q:** Winter or summer?

**A:** "Summer."

**Q:** Favourite NBA team?

**A:** "'98 Chicago Bulls."

**Q:** Favourite NBA player?

**A:** "Michael Jordan."

**Q:** Favourite hockey team?

**A:** "London Knights."

**Q:** Blackberry or iPhone?

**A:** "iPhone."

**Q:** Music on your iPod?

**A:** "Rhythm and blues."

**Q:** PlayStation or Xbox?

**A:** "PlayStation."

**Q:** Expectation for home opener on Saturday?

**A:** "Excitement. To have lots of fun and to have real excitement. I know lots

of fans are going to be there."

**Q:** Capital of Canada?

**A:** "Is it Oshawa or Ottawa?"

**Q:** Favourite TV show?

**A:** "Spartacus."

**Q:** Favourite NFL team?

**A:** "Baltimore Ravens."

**Q:** Best trick to play on a rookie?

**A:** "You know how we run out before we go and play the game? We act like we all going to run out and we have the rookie go first, and we act like we're running with him. And we stop. And let him continue to run out by himself."

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# LONDON LIGHTNING

## Gabe Freeman

Age: 28  
Position: PF  
Height: 6-foot-5  
Weight: 200  
Hometown: Phoenix  
College: Mesa College  
Previous team:  
Phillipines - Petron  
Blaze



An ultra-athletic forward, Freeman was a standout and fan favourite in London in 2011-12, when he averaged 18 points and 12 rebounds and won the NBL's MVP award. Now, he's back after playing a season in the Philippines.

## Marvin Phillips

Age: 29  
Position: PF  
Height: 6-foot-7  
Weight: 250  
Hometown:  
Jacksonville, N.C  
College: Claflin  
Previous team:  
London Lightning



One of 10 children, Phillips spent four seasons in the NBA's D-League before joining the Lightning last season.

An all-star in 2012-13, he averaged 13.7 points per game and 8.0 rebounds per game and earned NBL Finals MVP honours.

## Antwi Atuahene

Age: 28  
Position: PG  
Height: 6-foot-4  
Weight: 205  
Hometown: Toronto  
College: Arizona State  
Previous team:  
London Lightning



One of three Canadians on the roster, Atuahene – a pass-first point guard — was a member of last year's Lightning championship team.

Before joining the Lightning, he spent time playing in Mexico and was a tournament MVP during a tour of China with an all-star team.

## Greg Surmacz

Age: 27  
Position: PF  
Height: 6-foot-8  
Weight: 248  
Hometown:  
Peterborough  
College: University of Windsor  
Previous team:  
Windsor Express



A talented Canadian, Surmacz was one of the best forwards in the league in 2012-13 while playing for the Windsor Express. He averaged 12 points per game and 9.0 rebounds points per game, and there's still room to improve for the Windsor grad, who played in Poland before joining the NBL.

## Elvin Mims

Age: 33  
Position: PF  
Height: 6-foot-5  
Weight: 215  
Hometown: Century, Fla.  
College: Southern Miss.  
Previous team:  
London Lightning



A quiet veteran, Mims led the Lightning with 15.3 points per game, 9.2 rebounds per game and 55 blocked shots last season.

He's won six championships as a pro baller, all across North America, including three while playing for Lightning head coach Michel Ray Richardson.

## Tim Ellis

Age: 32  
Position: SF  
Height: 6-foot-5  
Weight: 206  
Hometown: Seattle, Wash.  
College: Kansas State  
Previous team:  
London Lightning



A high basketball IQ player, Ellis returns for his third season with the Lightning.

He's played professionally all over the globe, including Iceland and Iran (Iranian Super League) in addition to the U.S. (CBA and Premier Basketball League).



# 2013-2014 ROSTER

## Jaytornah Wisseh

Age: 25  
Position: PG  
Height: 6-foot-1  
Weight: 180  
Hometown: Brooklyn, N.Y.  
College: Long Island University (LIU)  
Previous team: Romania - Rovinari



A team-first player, Wisseh spent last season playing for Rovinari in the Romanian League, where he averaged 18 points per game and shot 44 per cent from three-point range.

In 2011-12, he led the league in points (23.5), assists (7.3) and steals (2.9).

## James Millen

Age: 25  
Position: PG  
Height: 6-foot-2  
Weight: 185  
Hometown: Cincinnati, Ohio  
College: James Madison  
Previous team: James Madison



A smart player, Millen endured his share of frustrations at the college level, losing a year due to an injury and eligibility snafu.

He had two outstanding seasons at Cincinnati State, averaging 16.4 points per game and 2.9 steals per game during his first year there.

## Al'Lonzo Coleman

Age: 24  
Position: PF/C  
Height: 6-foot-7  
Weight: 245  
Hometown: Charlotte, N.C.  
College: Presbyterian College  
Previous team: Argentina - Union Sunchales



A true centre, Coleman gives the Lightning the post player they lacked last year.

Athletic and with good hands, he spent last season with Monte Hermoso Basket in Argentina. As a senior in college, he averaged 17 points and eight rebounds while shooting 51 per cent.

## Maurice Bolden

Age: 24  
Position: SF  
Height: 6-foot-10  
Weight: 210  
Hometown: Jackson, Miss.  
College: Southern Mississippi  
Previous team: Cyprus - ENAD



A swingman, Bolden has professional experience in Cyprus and Poland.

He's a big man who can run the floor and shoot. In his senior year at Southern Miss, he averaged 9.7 points, 5.1 rebounds and a block per game.

## Raheem Singleton

Age: 24  
Position: PG  
Height: 6 foot  
Weight: 195  
Hometown: Boston  
College: Maine  
Previous team: Maine



A defensive specialist, Singleton spent two seasons with the Maine Black Bears, averaging 8.2 points per game and 3.5 assists per game.

He was London's first-round draft pick (10th overall) this summer.

## Garrett Williamson

Age: 25  
Position: SG  
Height: 6-foot-5  
Weight: 205  
Hometown: Philadelphia, Pennsylvania  
College: St. Joseph's  
Previous team: Germany - Ehingen



A Canadian citizen (his mother is Canadian), Williamson is a lockdown defender who could give the Lightning the best trio of Canadians in the league.

In his senior season at St. Joseph's, he averaged 12.1 points per game on 47.5 per cent shooting.



London Lightning newcomer Jaytornah Wisseh is a "game-time player," GM Taylor Brown says. ANGELA MULLINS/METRO

## How the team was built



DAVE

LANGFORD

dave.langford@metronews.ca

The London Lightning have won the National Basketball League of Canada championship two years in a row. So trotting out virtually the same lineup for year three would seem like the easiest way to chase the title once again.

Not so, Lightning general manager Taylor Brown says.

He lists three reasons why the team has only four returning players — playoff MVP Marvin Phillips, Tim Ellis, Elvin Mims and Canadian Antwi Atuahene — for the 2013-14 season.

1. Since the nine-team league is considered a development league, players

move on to other leagues and those left behind may not have the same ability they once had.

"You're not guaranteed that certain guys — whether it's injuries or whatever — can live up to the playing abilities any more," Brown said in an interview. "We don't have the same luxury as the NBA where these guys are babied 24 hours a day with nutritionists, fitness instructors, chefs and cooks. For these guys, it's harder for them to extend their careers past 32 or 33 years old."

2. In year three, the Lightning is pushing its message as a community team stronger than ever. Brown said there is no turning back on that.

"When you're building a team, character is also im-

portant for us," Brown said. "Players with strong characters, strong personalities that you can trust out in the public."

"We had a chance to get a couple of really, really talented players this year but because of their background, we decided to pass."

3. Thirdly, the league is improving and staying with the status quo is not good enough.

"Each and every year, as the league becomes better known worldwide, the teams are going to get better so we have to get better," Brown said. "And we have a got a target on our backs huge this year. We have won two in a row, and every team that plays us wants to knock us off."

# Lightning GM Taylor Brown dishes on the new players

## Gabe Freeman

"Last year, we lacked a focal leader on the court. Gabe brings that. The talent level has grown since he was in the league (two years ago). So talent-wise, he's going to have to pick it up. He's as talented as anybody in the league but he's going to have to take it to another level. We're looking him to be that focal leader on the court."

## Maurice Bolden

"We look at Maurice as a young player that we're going to try and mould into the player he should be which is at the guard position. It's going to take Maurice a little bit of time to get used to this speed and the caliber, but I think he's going to huge for us. For him it's more of a maturity thing. He's going to mature playing with older guys and learn how to play the game."

## Al'lonzo Coleman

"Al'lonzo is a back-to-the-basket big man. He's got unbelievable footwork for a big man. Probably one of the best I've seen and Micheal Ray has

seen even, considering NBA guys. Footwork for a guy that size doesn't come around that often. With Al'lonzo he had a major surgery in the summer so it's going to take a little time to get his touch back and his timing."

## Greg Surmacz

"Greg killed us last year. If he was on the market, we were going to pick him up. And Greg is a kind of a do-it-all kind of guy. You know what you're going to get from him every time he comes on the floor. Most of the time, the shot is going to drop. A very consistent shooter from the outside, but he's also very smart player, and he doesn't try and go outside of what he knows."

## Garrett Williamson

"Garrett has the ability to become one of the best overall players in the entire league. He's quiet and very athletic lockdown defender. Very talented skill-wise in terms of his fundamentals. And he's a worker. He's got size at the guard spot. He's a showman and he's in tremendous shape. I think Garrett is the type of guy that really has the ability to play at the highest level in the NBA."

## Jaytornah Wisseh

"Jaytornah is a point guard we picked up late. He was the MVP of the Romanian league two years ago. He's put up great numbers overseas. He's a game-time player. When the lights come on, he's ready to go. He's from Brooklyn, New York, he played at Long Island University. I think he's fifth or sixth in scoring in the entire conference history."

## James Millen

"James practiced all last year with James Madison Division 1 team. He was always the first guy at practise all year and the last one to leave and he knew he couldn't step on the court (eligibility issue). So that showed the kind of character he has, and he's a guy that halfway through this season, he's going to really grow."

## Raheem Singleton

"Unfortunately, we won't be able to have him on the roster come Day 1. But he's going to practise with us. He's a young guy right out of college, and I think if anyone goes down, he will be the first one we call on."

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# NBL commish wants to get 'bums in seats'



**DAVE LANGFORD**  
dave.langford@metronews.ca

A little more than a month into his position as the National Basketball League of Canada's new commissioner, Paul Riley says there is one simple challenge that will ease all other woes.

"The key for us is just to get bums in seats," Riley said. "We've got to get people into the gym to see the talent. When they see the talent, I know they will come back."

It sounds easy but many have started minor professional sports leagues in Canada and many have failed. The former CBC news anchor and current Toronto lawyer doesn't buy into that camp.

"I am not concerned about this league not being here in two or three years. What I am concerned about is just

taking the right steps as we go forward," he said. "I don't want to hiccup, and I don't want to stutter."

As the league opens its third season, there are some new franchises and some old ones that have passed away. Teams new and old can be found in the Maritimes and Ontario with Quebec now on the sidelines, at least for this year.

"There are always concerns. We are a new league. We've got several teams in new areas. Not going to say I am not concerned," Riley said.

Getting the best Canadians playing in the league and, ultimately, getting a NBL players graduated to the NBA are two major goals which would add instant credibility, he said.

"Overwhelmingly, (Canadians) would rather be play-



New NBL commissioner Paul Riley is also a Toronto lawyer and former CBC anchor in Toronto. HANNAH ZITNER/METRO

ing closer to home. And if our league is competitive enough and good enough talent-wise and we are paying them enough, I see no reason why

they wouldn't stay home and compete."

Riley said the NBL has had players at NBA camps and the time will soon come when

that barrier is broken.

"For our players, every night is an audition," he said. "Hey, they all have aspirations. They want to thrive

in our league, but they want to showcase themselves. You can't take a night off when you want to do that."

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# Several teams chasing London for league title

**TODD DEVLIN**  
For Metro

It's no secret: After back-to-back NBL championships, the league will be gunning for the London Lightning in 2013-14.

And there are more than a couple of teams capable of preventing a third straight Lightning title.

Perhaps the first place to look is the Island Storm (formerly Summerside). Based out of P.E.I. this season, the Storm played London tough in last season's championship series. Like most NBL teams, the Storm saw plenty of roster turnover during the off-season. But Joe Salerno, last year's co-coach of the year, has proven he knows how to get the job done.

The East as a whole may be where London faces some its

toughest opposition this year. The Halifax Rainmen overhauled their roster, adding a whole slew of talent. Meanwhile, the Moncton Miracles — who lost to London in last year's semis — and the Saint John Millrats should also give the Lightning a tough time.

London doesn't have to look too far to see its toughest Ontario opponent, as the Windsor Express will be competitive once again in 2013-14, hoping to build off their playoff appearance from a year ago. The expansion Ottawa Skyhawks will be an exciting team this year, as they plan to run the floor with a supremely fast-paced offence.

Here's a team-by-team look at the league.



## Windsor Express

Year established: 2012  
Owner: Dartis Willis, Mo Regnier  
Coach: Bill Jones  
Venue: WFCU Centre  
Seating: 6,800

It's a mixture of new faces and returnees this year for the Windsor Express, who made the playoffs and lost a tough 3-2 series to the Summerside (now Island) Storm in 2012-13.

The two big additions are Quinnet Brown and Papa Oppong.

Brown, a 6-foot-6 forward, led the Halifax Rainmen in scoring (16 points per game) last year, while shooting 49 per cent from the field. Oppong averaged 12.8 points each game with 68 three-pointers for the Oshawa Power (now Mississauga).



## Island Storm

Year established: 2011 (previously Summerside Storm)  
Owners: Darren MacKay, Duncan Shaw, Neil Shaw  
Coach: Joe Salerno  
Venue: Charlottetown Civic Centre  
Seating: 3,718

Joe Salerno, last year's NBL co-coach of the year, returns to the bench for his third season with the Storm.

With the departure of Brandon Robinson (24.5 points per game in 2012-13) and Omari Johnson (19.6 points per game), some of the scoring load should be taken up by 6-foot-4 forward Greg Plummer, who averaged 16.9 points per game last year.



## Brampton A's

Year established: 2012  
Owner: James Tipping  
Coach: David Magley  
Venue: Powerade Centre  
Seating: 5,000

Another expansion franchise, the Brampton A's will be led by coach David Magley, who had a short NBA career with the Cleveland Cavaliers.

The A's may not compete for a championship in 2013-14, but they should feature some exciting basketball.

Canadian guard Evaldas Zabas has returned home and will suit up for Brampton after spending seven successful seasons in Europe, most recently in the Czech Republic.

Cavell Johnson, a 6-foot-9 power forward/centre, will play a large role for the A's.



## Saint John Mill Rats

Year established: 2011  
Owners: Jason Briggs, Steve Yankopoulos, Dave Cooper, Ralph Allen, Silena Cooper  
Coach: Rob Spon  
Venue: Harbour Station  
Seating: 6,603

The Mill Rats will be looking for some redemption this year after bowing out of the playoffs in three games against the Moncton Miracles in 2012-13.

It all starts with returnee Anthony Anderson, who led the team in scoring last year with an impressive 21.1 points per game. Anderson will team with Will Blalock, another talented guard who was drafted by the Detroit Pistons in the second round back in 2006.

# Outpost<sup>2</sup>

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#### Moncton Miracles

Year established: 2011  
Owner: Steven George Conville  
Coach: Dennis Truax  
Venue: Moncton Coliseum  
Seating: 6,854

The Moncton Miracles hope to build on a 2012-13 season that saw them lose to the eventual NBL champion London Lightning in a hard-fought semifinal series.

Gone though are Devin Sweetney, the league's scoring leader (25 points per game) from last year, and Isaac Butts, the NBL's Rookie of the Year a season ago.

Picking up the slack will be a collection of players, including intriguing shooting guard Johnny Mayhane, who had a successful four-year career at Tulane.



#### Ottawa Skyhawks

Year established: 2013  
Owner: Bytown Sports and Entertainment (Gus Takkale, Sunny Gill)  
Coach: Kevin Keathley  
Venue: Canadian Tire Centre  
Seating: 20,800

Kevin Keathley, known for his fast-paced offensive philosophy, is the man running the show in Ottawa for the Skyhawks' inaugural NBL season.

Team chemistry will be the biggest challenge early on, but there's no shortage of talent on this squad, including former Saint John Millrat Jerice Crouch, a second-team all-star in 2012-13.

The 6-foot point guard led Saint John in total points and averaged 17.6 points per game with 98 three-pointers.



#### Mississauga Power

Year established: 2011  
Owner: ACE Sports and Entertainment (Henry Chow)  
Coach: Fred Grannum  
Venue: Hershey Centre  
Seating: 5,700

Making the playoffs will be goal number one for the Power in 2013-14, as the team narrowly missed out last season playing out of Oshawa.

Fred Grannum will guide the ship as the first-ever Canadian head coach in the NBL.

Leading the way offensively will be Nick Okorie, who was an NBL all-star last year after racking up 19 points per game. William "Bo" Harris is another key returnee, as he put up solid numbers (16.6 points per game and 6.5 rebounds per game).



#### Halifax Rainmen

Year established: 2011  
Owner: Andre Levingston  
Coach: Chris Terrell  
Venue: Halifax Metro Centre  
Seating: 10,395

It will be all new faces for the Halifax Rainmen in 2013-14, as the team returns just one player from last year.

Even head coach Chris Terrell is new to the club.

It may take some time to gel, but the Rainmen should have confidence in their top talent.

Power forward George Goode, a former Louisville Cardinal, should be a force in Halifax. Guards Cheyne Gadsen and Jajuan Cooley will provide scoring and playmaking.

# Top 5 needs

## Commissioner Paul Riley lists his priorities for NBL

1. Consistency: "We mention London. I think they're running a great show there. I would like to everyone across the league get up to that level."
2. Corporate partnerships: "We want brand partners to see the vision of what we are creating here at an early inception and want to get in and be part of it."
3. Media partners: "I think getting an opportunity to have our games broadcast – whether online or on television – that certainly is something urgent and part of my responsibility as well in terms of getting our brand and our league out there."
4. Awareness: "The NBA is great but there are only about 400 jobs in the NBA. There are lot more great players than that around the world and we have got many of them."
5. Expansion. "We want a presence out west. And that's something that I have my eye on. Not immediately ... right now, the immediate job for me is making sure the teams we have right now in the league are viable and succeed and do well and thrive."

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## Synopsis

When Tim Lake (Domhnall Gleeson) turned 21 his father (Bill Nighy) lets him in on a family secret — he comes from a long line of time travelers. With visions of inter-dimensional travel in his head he does what any 21-year-old might do — use his unique ability to get a girlfriend. The object of his affections is Mary (Rachel McAdams), but to win her over he'll have to use his special gift to hone his Casanova skills. As they live their lives together he comes to discover that not everything can be solved with a quick trip back in time.

- Richard: ●●●●●
- Mark: ●●●●●



About Time, starring Rachel McAdams and Domhnall Gleeson, opens this weekend. CONTRIBUTED

## Reel Guys

### RICHARD CROUSE AND MARK BRESLIN



# Running out of Time

**About Time.** Rachel McAdams continues to take on time travel movies but the latest seems to hit the right note with a sentimental approach

**Richard:** Mark, this is the kind of movie critics will call sappy and sentimental. They'll bash it because it wears its heart on its sleeve, which is exactly the reason I liked it.

After The Time Traveler's Wife it's time Rachel McAdams got a time travel romance right. It's a silly premise but for me the idea wasn't about the time travel, but the lessons Tim learns

from the time travel about life and happiness. What did you think?

**Mark:** Richard, as you know, I am no fun. No fun at all. So I spent most of the movie looking for paradoxes in the physics of the time travel conceit. Like all time travel movies, it sets up arbitrary rules, and then breaks them all over the place.

The movie features two of the worst haircuts in the history of cinema, and a romance I didn't really care about. But there's another deeper movie in there, which is a movie about fathers and sons, and I liked that part very much. Sentimental? Yes, but I felt that part of the movie worked better than its rom-com components. Of course, it could have been the haircuts.

**RC:** I didn't actually care much about the romance angle or the time travel. I was drawn to the film because of Domhnall Gleeson's charming and slightly goofy performance.

If John Hughes had made British films he would have loved this guy. He does have a bad haircut, but I thought he was a charming, if unlikely, leading man. He has a way with a line and I felt there was a real arc to his character. He literally grows up and becomes a man on screen, which is something you don't see in rom-coms very often.

**MB:** True enough, although I always thought there should be a law barring gingers from appearing in television and film.

I liked a lot of the scenes in the movie, especially one set in one of those noir restaurants, where you eat in total darkness. It's a literal blind date, and a nice twist on "meeting cute." Bill Nighy is wonderful in the movie, as he always is, and Rachel McAdams does a good version of cute, although she looked about five years too old for the part.

But then Gleeson would go into a closet and ball his fists and ... some of the goodwill was lost for me.

**RC:** Richard E. Grant's three-minute cameo is almost worth the price of admission. He has one of the best reaction shots I've seen this year.

**MB:** And a similar hairline as Nighy. Hmmm....

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The Hunting Part 1  
iPhone  
Free

Filmed over two years using an iPhone for an impressive first-person experience, this episodic zombie adventure is a smart, terrifying mix of ominous quiet, distressed loved ones and heart-pounding chases.

There's more to Loki  
than long black hair

**Thor: The Dark World.** Tom Hiddleston is OK with not reprising his role in the next Avengers because he's busy with other projects

NED  
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Metro World News in Hollywood

Tom Hiddleston has made a name for himself as Thor's brother and main nemesis, with *Thor: the Dark World* marking his third big-screen turn as the Norse god of mischief. Hiddleston even showed up to Comic-Con this summer in character to delight fans during the Marvel presentation, though his character won't be appearing in *Avengers: the Age of Ultron*. But that's fine by Hiddleston, who has plenty

of other projects to keep him busy.

**What was your honest reaction when Joss Whedon told you Loki would not be in the second Avengers film?**

My honest reaction was, "That's fine." I never wanted to overstay my welcome, and I've had such a good run with the character. I've enjoyed it so much. It was expected, to be honest, that Joss told me he wasn't going to put me in it. So yeah, my honest reaction was, "All right. Maybe it's time for me to play a few characters who don't have long black hair."

**Between your turns at playing Loki, you've also been working in some independent films and a ton of Shakespeare. How do you approach jumping between so many diverse projects?**

I honestly love doing them all; it's really true. I get so

many different things from each. I've never wanted to impose limits on my work. Actors make the best choices they can in the moment, and quite often the way the picture is assembled, it looks like there's been some grand master plan, but actually it's all very accidental. I just have a genuine love for it all. I suppose I've always wanted to be able to jump between things. I never wanted to be just the Shakespeare guy and I certainly never wanted to be just the superhero guy or even the indie kid. I should be so lucky, frankly, that I get to do any of these things. I think the variety really keeps me sharp. I had a day between getting back from *Tangier* (for Jim Jarmusch's *Only Lovers Left Alive*) and starting on *Thor 2*. The head shift was very quick. I finished with *Tilda* (Swinton); I flew back from Morocco; I put my clothes in



Tom Hiddleston returns as Loki next Friday in *Thor: the Dark World*.

CONTRIBUTED

the washing machine and the next morning I got up and I was in Asgard with Chris Hemsworth. And I love that.

I love that that's what my life is. Here I am talking to you, then I'll go home and I'll start *Coriolanus*. It's nice.



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Woody  
Harrelson

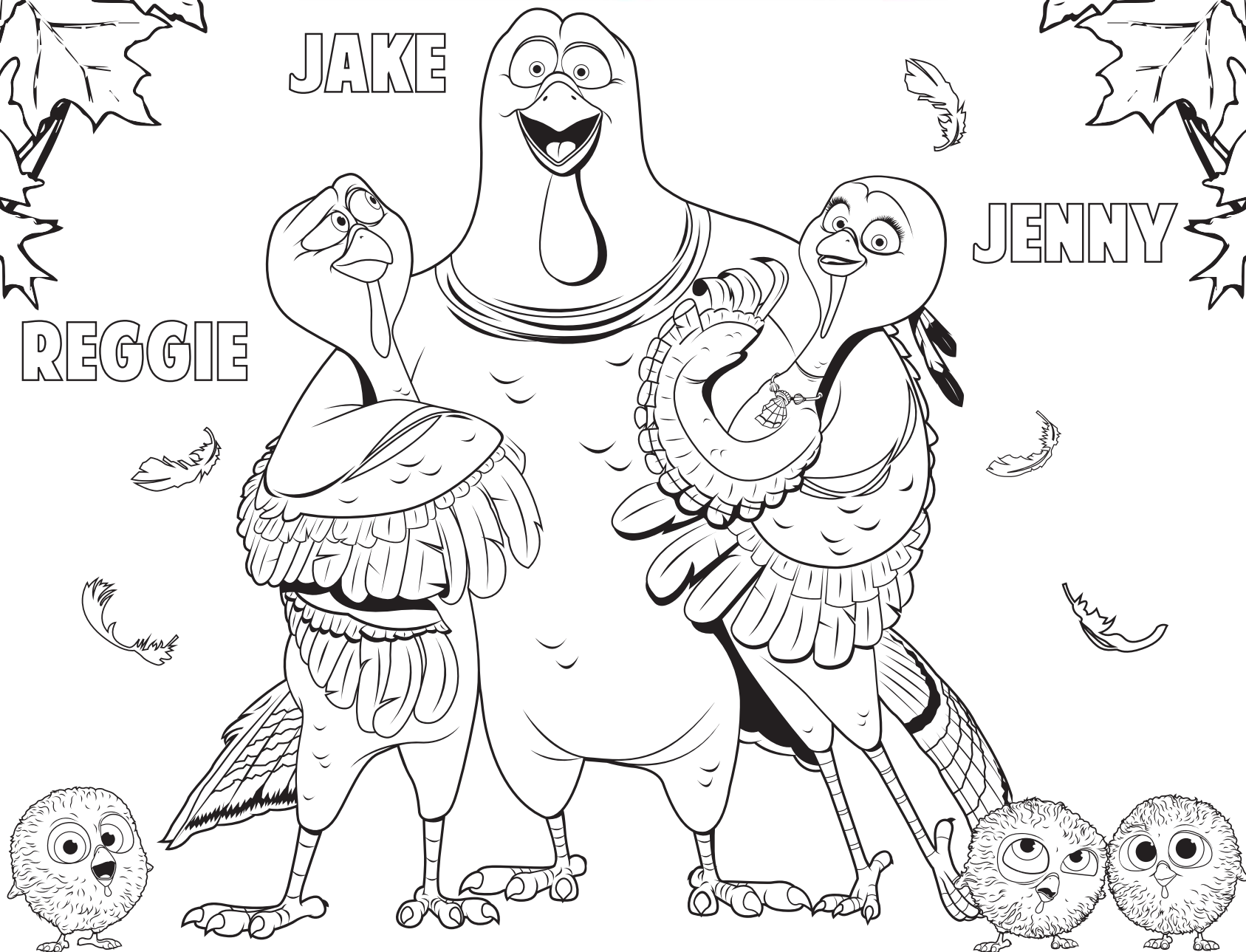
Amy  
Poehler

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## Animated

## Free Birds

Director. Jimmy Hayward

Stars. Owen Wilson,  
Amy Poehler

● ● ● ● ●

A ridiculous series of events sends Reggie (Wilson) on a mission to stop his fellow fowl from being served at the first Thanksgiving and thus save millions of birds from becoming the centre-piece of the traditional meal for the rest of history. One should expect a certain level of unreality from a film about time-travelling turkeys. But Free Birds is so far-fetched and implausible that it's practically unwatchable. Even comedic favourites Wilson and Poehler can't breathe any life into the absurd plot.

REGAN REID

## Action

## Ender's Game

Director. Gavin Hood

Stars. Asa Butterfield,  
Harrison Ford

● ● ● ● ●

According to Orson Scott Card's hit novel Ender's Game, the future of mankind rests on turning kids into extraterrestrial killing machines and cadet commander Harrison Ford has his sights set on one conflicted adolescent saviour. While the drama is solemnly serious and short on fun, the performances (especially young Asa Butterfield) are decent and the effects entertaining enough to likely keep many kiddies captivated. For the rest of us, Ender's Game is simply played out.

STEVE GOW

## Comedy

## Last Vegas

Director. Jon Turteltaub

Stars. Robert De Niro, Michael Douglas, Morgan Freeman and Kevin Kline

● ● ● ● ●

Take every cliché about ageing Lotharios, blend in barroom brawls, boozes and booze, add four ageing Academy Award winners doing embarrassing things and you have Last Vegas. The Flatbush Four childhood pals reunite in Vegas to celebrate one's marriage to a 32-year-old, but a woman of a more appropriate vintage (Mary Steenburgen) enters the picture, dividing the group. Cardboard characters deliver lines that sound hollow.

ANNE BRODIE

THESE PAGES COVER MOVIE START TIMES FROM FRI., NOV. 1 TO THURS., NOV. 7 TIMES ARE SUBJECT TO CHANGE.

Mustang Drive-In -London  
2551 Wilton Grove Rd.

Carrie (14A) Fri-Sun 9 Tue 9  
Ender's Game (PG) Fri-Sun 7:35 Tue 7:35  
Jackass Presents: Bad Grandpa (14A) Fri-Sun 7:30 Tue 7:30  
Last Vegas (PG) Fri-Sun 9:30 Tue 9:30  
No Films Showing Today (STC) Mon Wed-Thu

Hyland Cinema  
240 Wharmcliffe Road South

5 Broken Cameras (STC) Thu 7:10  
Good Ol' Freda (G) Fri 7:25 Sat 5:05 Sun 4:55 Mon 7:25 Tue 12:45 Wed 2:55 Thu 9  
Mood Indigo (14A) Fri 5 Sat 2:40 Sun 9 Mon 12:45 Tue 9:10 Wed 9 Thu 2:50  
My Father and the Man in Black (STC) Sat 7 Sun 3 Mon 9:10 Wed 7:05  
Rush (14A) Fri 12:45-9:10 Sat 9 Sun 6:40 Mon 3:10 Tue 2:30-6:45 Wed 4:35 Thu 12:30  
Wadjda (PG) Fri 3:05 Sat 12:45 Sun 1 Mon 5:30 Tue 4:50 Wed 1 Thu 5:15

Rainbow Cinemas London  
355 Wellington St.

Captain Phillips (14A) Fri-Thu 1:05-3:50-6:50-9:30  
Cloudy With a Chance of Meatballs 2 (G) Fri-Wed 1:15-3:30-7:15 Thu 1:15-3:30  
The Counselor (14A) Fri-Thu 12:55-3:40-6:55-9:35  
Ender's Game (PG) Fri-Thu 1:20-3:45-7:10-9:40  
Enough Said (PG) Fri-Wed 9:25  
Free Birds (G) Fri-Thu 1:35-7-9:20  
Jackass Presents: Bad Grandpa (14A) Fri-Thu 1:10-3:20-7:20-9:25  
Last Vegas (PG) Fri-Thu 12:50-3:35-7:05-9:35  
Thor: The Dark World (STC) Thu 8

Western Film  
Room 340, UCC Building,  
Argo (14A) Fri-Thu 9:50

Blue Jasmine (14A) Fri-Thu 7  
Don Jon (18A) Fri-Thu 9

Wellington 8 Cinemas  
983 Wellington Rd. S.

Captain Phillips (14A) Fri 6:45-9:45 Sat-Sun 12:45-3:45-6:45-9:45 Mon-Thu 5-8  
Cloudy With a Chance of Meatballs 2 (G) Fri 6:30 Sat-Sun 1:10-6:30 Mon-Wed 5:15  
Cloudy With a Chance of Meatballs 2 3D (G) Sat-Sun 3:35  
The Counselor (14A) Fri 6:40-9:20 Sat-Sun 12:50-3:40-6:40-9:20 Mon-Thu 5:10-7:50  
Ender's Game (PG) Fri 6:50-9:40 Sat-Sun 1:35-6:50-9:40 Mon-Thu 5:20-8:10  
Escape Plan (14A) Fri-Sun 9:15 Mon-Wed 7:40  
Free Birds (G) Fri 7 Sat-Sun 1:20-7 Mon-

Thu 5:30  
Free Birds 3D (G) Fri 9:30 Sat-Sun 4-9:30 Mon-Thu 7:55  
Gravity (PG) Sat-Sun 1:15  
Gravity 3D (PG) Fri 7:20-9:35 Sat-Sun 3:30-7:20-9:35 Mon-Thu 5:50-8:05  
Jackass Presents: Bad Grandpa (14A) Fri 7:15-9:55 Sat-Sun 1:35-4:15-7:15-9:55 Mon-Thu 5:45-8:20  
Last Vegas (PG) Fri 7:10-9:50 Sat-Sun 1:30-4:10-7:10-9:50 Mon-Thu 5:40-8:15  
Thor: The Dark World 3D (STC) Thu 8:20

Cineplex Odeon Westmount  
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Captain Phillips (14A) Fri 3:45-6:45-9:50 Sat-Sun 12:35-3:40-6:45-9:50 Mon 6:30-9:30 Tue 3:45-6:45-9:50 Wed 1:10-6:30-9:30 Thu 6:30-9:30  
Carrie (14A) Fri 5:25-8-10:30 Sat 12:40-3:05-5:30-8-10:30 Sun 5:30-8-10:30 Mon 10 Tue 5:25-8-10:30 Wed 10:05  
Cloudy With a Chance of Meatballs 2 (G) Sat-Sun 12:40  
Cloudy With a Chance of Meatballs 2 3D (G) Fri 5:10-7:45-10:10 Sat-Sun 2:55-5:15-7:40-10:10 Mon 6:45-9:15 Tue 5:10-7:45-10:10 Wed 6:45-9:15  
The Counselor (14A) Fri 4-7:40-10:20 Sat-Sun 1:20-5-7:40-10:20 Mon 8:30 Tue 4-7:40-10:20 Wed 8:30 Thu 7:30  
Ender's Game (PG) Fri 4:45-7:30-10:15 Sat-Sun 2-4:45-7:30-10:15 Mon 7:10-9:50 Tue 4:45-7:30-10:15 Wed 1:20-7:10-9:50 Thu 7:10-9:50  
Free Birds (G) Sat-Sun 12:30 Star & Strollers Screening Wed 1  
Free Birds 3D (G) Fri 5-7:15-9:30 Sat-Sun 2:45-5-7:15-9:30 Mon 6:50-9:10 Tue 5-7:15-9:30 Wed-Thu 6:50-9:10  
Gravity 3D (PG) Fri 5:15-7:40-10:05 Sat-Sun 12:40-2:55-5:20-7:45-10:05 Mon 6:40-9:20 Tue 5:15-7:40-10:05 Wed-Thu 6:40-9:20 Fri 4:30-7:10-9:50 Sat-Sun 1:50-4:30-7:10-9:50 Mon 7:30 Tue 4:30-7:10-9:50 Wed 7:30  
Jackass Presents: Bad Grandpa (14A) Fri 5:30-7:50-10:25 Sat 1-3:25-5:50-8:20-10:40 Sun 12:50-3:15-5:40-8:05-10:25 Mon 7:20-9:45 Tue 5:30-7:50-10:25 Wed-Thu 7:20-9:45  
Last Vegas (PG) Fri 4:15-7-9:40 Sat 12:25-3-5:35-8:10-10:45 Sun 12:25-3-4:20-7-9:40 Mon 7-9:35 Tue 4:15-7-9:40 Wed-Thu 7-9:35 Fri 5-6:40-9:20 Sat-Sun 2:20-4-6:40-9:20 Mon 8 Tue 5-6:40-9:20 Wed-Thu 8  
Star & Strollers Screening Wed 1  
Out of Africa (STC) Wed 7  
Rolling Stones: Sweet Summer Sun (STC) Mon 7:30  
Thor: The Dark World 3D (STC) Thu 8 Thu 8:30  
Vermeer and Music: The Art of Love and Leisure (STC) Sun 12:55

SilverCity London  
1680 Richmond St

Barnyard (PG) Sat 11  
Captain Phillips (14A) Fri 1:25-4:30-7:35-10:30 Sat 1:10-4:20-7:15-10:15 Sun-Mon 1:25-4:30-7:35-10:30 Tue-Wed 1:25-4:25-7:30-10:20 Thu 1:25-4:25-7:30-10:25  
Carrie (14A) Fri 1:35-4:10-6:50-9:30 Sat 11:45-2:30-7:10-9:55 Sun 12:30-3-5:30-7:55-10:25 Mon-Tue 1:40-4:15-7:05-9:30 Wed 1:40-4:20-9:50 Thu 1:40-4:20-7-9:35  
Cloudy With a Chance of Meatballs 2 (G) Fri 1 Sat 12 Sun 12:45 Mon-Thu 1:10  
Cloudy With a Chance of Meatballs 2 3D (G) Fri 3:10-5:15-7:25-10:10 Sat 2:45-4:50-7:10-9:40 Sun 3:10-5:15-7:40-10:10 Mon 3:15-5:25-7:40-10:10 Tue-Thu 3:15-5:25-7:40-10  
The Counselor (14A) Fri 1:50-4:40-7:30-10:15 Sat 12:05-2:45-5:25-8:05-10:45 Sun-Tue 1:50-4:40-7:25-10:05 Wed 4:10-7:25-10:05 Thu 1:20-4:10-7:20-10:05 Star & Strollers Screening Wed 1  
Ender's Game (PG) Fri-Sat 1:30-4:20-7:05-9:45 Sun 1-3:45-6:30-9:15 Mon-Wed 1:30-4:15-6:55-9:45 Thu 1:30-4:15-6:50-9:45  
Ender's Game: The IMAX Experience (PG) Fri 2:10-4:55-7:40-10:35 Sat 11:20-2:10-4:55-7:40-10:35 Sun 1:45-4:30-7:15-10 Mon-Thu 2-4:45-7:35-10:15  
Escape Plan (14A) Fri 1:40-4:20-7:20-10:20 Sat 1:40-4:20-7:25-10:20 Sun 3-5:30-8-10:35 Mon-Tue 1:45-4:30-7:10-10:25 Wed 1:45-4:45-7:10-9:40 Thu 1:45-4:25  
Free Birds (G) Fri 1:05-3:15 Sat 11:15-1:45-4 Sun 12:30-2:45 Mon-Tue 1-3:15 Wed-Thu 1:05-3:25  
Free Birds 3D (G) Fri 1:45-4-6:15-8:30-10:45 Sat 11:50-2:20-4:35-6:55-9:20 Sun 1:15-3:30-5:45-8:05-10:15 Mon-Tue 1:20-3:35-6-8-10-10-10:20 Wed-Thu 1:25-3:40-6-8-10-10:20  
Gravity 3D (PG) Fri 1:10-3:30-5:50-8:10-10:25 Sat 1-3:20-6-8:20-10:40 Sun 1:10-3:30-5:50-8:05-10:25 Mon-Thu 1:05-3:30-5:50-8:05-10:25  
Jackass Presents: Bad Grandpa (14A) Fri 1:20-3:30-6-8:25-10:40 Sat 11:40-2-5-7:45-10:25 Sun 1:10-3:20-5:40-7:45-10:20 Mon 1:15-3:20-5:25-6:50-10:20 Tue-Wed 1:15-3:20-5:40-8-10:10 Thu 12:55-3-4:55-7:25-10:10  
Last Vegas (PG) Fri 1:15-4-7:05-9:50 Sat 11:55-2:30-5:05-8:10-10:50 Sun 12:25-4:40-7:20-10:10 Mon 2:10-4:40-7:20-10 Tue 2:10-4:40-7:20-9:55 Wed 4-7:20-9:55 Thu 1-4-6:50-9:55 Star & Strollers Screening Wed 1  
Merrily We Roll Along (STC) Thu 7  
National Theatre Live: 50 Years On Stage (STC) Sat 4:45  
Prisoners (14A) Fri 6:45-9:55 Sat 7-10:10 Sun 6:35-9:50 Mon 9:30 Tue-Wed 6:50-9:50 Thu 9:50  
Rolling Stones: Sweet Summer Sun (STC) Mon 7:30  
Thor: The Dark World 3D (STC) Thu 8  
Vermeer and Music: The Art of Love and Leisure (STC) Sun 12:55



# A global helltrek, just for the fun of it

## Worst. Person. Ever.

Douglas Coupland's new novel takes readers on a boozy, sex-filled romp with a foul-mouthed cameraman — earnest literary critics, try to relax



**MATT LAFORGE**  
matt.laforge@metronews.ca

Douglas Coupland is Canada's official Cool Guy. He earned the title not only because he creates cool things — books of fiction, reportage, and biography; cultural commentary; visual art; sculpture; furniture — but also because, unlike, say, Drake or those guys who started VICE magazine, he plies his various trades here, in Canada, without apologizing for where he lives.

He simply, humbly, writes, sculpts, designs and collates from his base in Vancouver, telling us about our country and about the world as it's currently lived in. He works hard and produces material constantly. It's a fortunate thing that one of our culture's closest and most versatile observers is also one of its exemplars.

Coupland's newest novel, his 14th, is *Worst. Person. Ever.*, a lewd, rude globe-trotting picaresque that follows the eponymous scoundrel, a singularly profane television cameraman named Raymond Gunt, on a calamitous sex-, booze- and four-letter-word-fuelled hell-trek from London to L.A. to Honolulu to Micronesia.

Raymond, described on the book jacket as "a living, walk-

ing, talking, hot steaming pile of pure id," chases chemical and sexual pleasure with abandon, leers unself-consciously at every woman in his field of vision and frequently fantasizes about literally enslaving his fellow man. If nothing else, it's the perfect gag gift for the clergyperson on your Christmas list. I recently talked to Coupland, via email, about the book.

**A theme in your fiction that goes all the way back to generation X and that is present in *Worst. Person. Ever.* is the human need to turn life into story. What is the difference, if any, between telling yourself stories about your life and telling yourself lies?**

I think in this case it's the difference between how others see you and how you really are. Self-delusion is always funny.

**Raymond Gunt tells the reader that he's charitable, understanding, worldly, open-minded and peace-loving. But his conduct, to put it mildly, suggests otherwise. Why do you think he — an impulse-driven guy who lives to party and get laid — claims so**

### More online

- Read the rest of the interview — including Coupland's takes on '80s music, Alice Munro, literary experimentalism and the likelihood that the world as we know it is ending — on metronews.ca.

### insistently that he's broad-minded and selfless?

Simple: He thinks it will somehow get him laid.

**You tweeted a link to the Guardian's negative review of *W.P.E.*, saying that the review's author "took the bait." What did you mean by that?**

She took it at face value and actually thought the book was being put forth as literature —

and then reviewed it as such. I mean, how fucking clueless can you be? It's a fun risqué read and seeks to be nothing more.

**Much of your past work is breezy and funny but, at least as I read it, intends to rise to the level of serious art. What made you want to do something with lower esthetic**

### stakes?

Fun! No, seriously: fun. Really. Fun.

**Speaking of fun — *W.P.E.* has a lot of cursing and locker-roomish sex talk and a decent amount of violence. Are there any people who you think shouldn't read the book?**

Not my call. But in the same way that you probably

wouldn't leave martinis lying around your house, you probably might not leave *W.P.E.* around either.

### Who's the worst person ever in real life?

That I've met in person? The person who Raymond is modelled on — an English cameraman at a shoot I did in Los Angeles in 1993.

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Author Douglas Coupland chats with Matt LaForge at Metro's Toronto office earlier this week. DAVID VAN DYKE/METRO



## David Arquette could use a top-notch PR handler right about now

David Arquette drunk-dialed the Howard Stern Show last night, and wow did he say some stuff. Highlights included backhanded compliments to Hitler.

"Listen, listen, listen — I've gotta say something on the N-word later — but Hitler played the game very well. He did. Listen, yeah, he played his game very well. He convinced a lot of people to play his f-king evil game. He played the game really well, but he was playing the wrong game."

Luckily he didn't manage to make it to whatever he had to say about the N-word, but he did happen to refer to Coco, his daughter with Courteney Cox, as his "first kid."

Wait, does that mean he had other kids? When? David didn't answer when Howard asked him, just "sort of wheezed and mumbled, giving no direct answer," as HowardStern.com puts it.

Arquette seemed dimly aware that things weren't going so hot. "Listen I'm



David Arquette  
ALL PHOTOS GETTY IMAGES

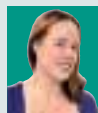
going to be brutally honest with you and if that means tomorrow I have to get sober, I will get sober. I've been going on this whole Mayan thing lately. ... Are you with me? So, let's play the right game."

Yes, let's. The non-Hitler game. And in Arquette's case, maybe the "just seltzer water for me, thanks," game.

MELINDA TAUB/METRO WORLD  
NEWS IN NEW YORK CITY

### The Word

## The celebs who creep us out the most



THE  
WORD  
Dorothy Robinson  
scene@metronews.ca

Sitting around the slightly rotten office jack-o'-lantern, on Halloween day while popping sour candies into our mouths, we asked our fellow Metro staffers which celebrity scared them the most. Read it now — if you dare. Bwahahahahahahaha!

### Raquel Welch

We're pretty sure Raquel Welch is one of the Tupperware moms from the tv series Eerie, Indiana — the kind that sleep in Tupperware coffins to stay fresh. She doesn't seem to be aging. See photo for evidence.

### Bruce Jenner

What he's done to his once-handsome face is more gasp-inducing than watch-



ing The Conjuring.

### Steve Buscemi's mouth

Look, we love the guy, but you really wouldn't want to brush up against his grill in a dark alley, would you?

### Mel Gibson

What has he been up to since his anti-Semitic rant? We'd be spooked to venture into his basement at this point. Dude is probably working on something he wants no one to see.

### Taylor Swift

We're not going to lie, it keeps us up at night worrying about what pretty young man-thing she'll set her blond succubus sights on next. Boys beware.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Justin Bieber

## Justin's new hobby? Vandalism

Justin Bieber has apparently found a new activity to amuse himself — graffiti. The Canadian pop star posted several photos to Instagram of himself engaged in his "new hobby" while on tour, spraying city walls with

crude cartoons and messages. On one wall, he's seen writing, "R.I.P. Pac," though it's unclear if he's honouring Tupac Shakur or his recently deceased hamster, which he named after the late rapper — or both.

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This recipe serves six. DAIRYGODNESS.CA

# Diwali fave will light up your taste buds

**Palak Paneer.** Puréed spinach, yogurt and, for a local twist, Canadian paneer cheese make this dish a nutritional delight

Diwali, a five-day festival of lights originating in India and celebrated around the world, will begin Sunday.

To mark the victory of good over evil, revellers light lanterns around the home, set off fireworks outside and create design patterns called rangoli on

the floor using coloured powders or sand.

Food also plays an important role with families coming together to enjoy a savoury meal and share sweets.

To join in the celebration, make a simple and quick version of Palak Paneer, glowing with the warm, spicy flavours of cumin, coriander and chili powder. It cooks up quickly and pairs with a side of warm naan bread or Basmati rice,

1. In a large, deep skillet, heat butter and oil over medium-high heat until butter melts. Add onions and garlic; sauté about 2 minutes or until tender.

Stir in coriander, chili powder and cumin; sauté 30 seconds or until fragrant; stirring well to prevent spices from burning.

2. Stir in puréed spinach, yogurt and salt; reduce heat to

medium-low and cook covered for 10 minutes or until it starts to bubble. Stir in paneer; cook covered 6 minutes or until paneer softens and is cooked through. Give it a final stir and serve warm. DAIRYGODNESS.CA

## Ingredients

- 2 tbsp (30 ml) butter
- 1 tbsp (15 ml) vegetable oil
- 1 medium onion, finely chopped
- 3 garlic cloves, minced
- 1 tsp (5 ml) ground coriander
- 1/2 tsp (2 ml) chili powder
- 1/2 tsp (2 ml) ground cumin
- 1 package (300 g) frozen spinach, thawed and puréed
- 1/2 cup (125 ml) plain yogurt whisked until smooth
- Salt to taste
- 12 oz (350 g) paneer, cut into bite-sized pieces (about 2 cups/500 ml)

## Liquid Assets

### Down Under inspiration



**LIQUID ASSETS**  
Peter Rockwell  
@therealwineguy  
liquidassets@eastlink.ca

Do you pooh-poo Australian table wines? If so, I can't blame you. Though offering some of the wine world's most popular brands, the juice from Down Under has become repetitive.

There is plenty of good news. This time last year, I was on a three-week Aussie odyssey and had my glass filled with oodles of mind-blowing wines that are now arriving across Canada.

South Australia's McLaren Vale has perplexed me. Best known for its fuller-bodied reds (especially shiraz), I've often found many of them lacking in that punch of flavour that makes a good wine great.

I'm betting its wine-makers recognized that.

On my tour, I found an invigorated region and was soon populating my tasting notebook with the words "exciting" and "innovative."

Chapel Hill 2011 Parson's Nose Shiraz (\$19.99) is a perfect example of this new wave flowing from McLaren Vale. Named for an ironstone chapel built



on the winery's property in 1865, it's an old school shiraz with a thick, plummy body and black, anise spice finish that makes it ideal for a juicy steak, or anything up-front and beefy. **PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**

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# NHL prospects go from pros to the open road

**Return to CHL.** Horvat one of many trying to parlay short pro stay into big-time junior success

The boys are back on the bus after getting their initial taste of life in the NHL.

A few players of this year's top draft class have managed to stay in the NHL, such as Calgary's Sean Monahan, Colorado's Nathan MacKinnon and Nashville's Seth Jones.

The rest merely got a taste of the big leagues after being returned to their major junior teams following training camp.

Long bus rides between games will become the norm again.

"It's definitely a little different after being on the plane with the Canucks and going back to those long bus trips now," said Bo Horvat, picked ninth overall by Vancouver. "But it's something you've got to do."

Horvat joins Hunter Shinkaruk, a Calgary native who was chosen 24th overall by the Canucks, and other players who have had to return to junior instead of going to the minors because they were drafted as 18-year-olds. They hope to heed lessons learned from their brief time in the NHL as they continue their development.

Playing with Canuck super-



**Knights forward Bo Horvat, seen here shooting on Guelph Storm netminder Justin Nichols on Oct. 5 is readjusting to life in the OHL.** TONY SAXON/TORSTAR NEWS SERVICE

stars Daniel and Henrik Sedin at times, Shinkaruk learned how hard he has to push himself to become an NHL regular.

"I was playing with the best players in the world and, when you do that, you really have to push yourself to be faster and be stronger and shoot the puck harder," said Shinkaruk, now back with the Medicine Hat

Tigers.

Sault Ste. Marie Greyhounds defenceman Darnell Nurse, the top pick of the Edmonton Oilers (seventh overall), is taking a similar view as he toils again in the OHL.

"I'm just going to improve my whole game and see where that takes me," said Nurse, a Hamilton native who has three goals and 12 assists in 13 games.

By being returned to their WHL, OHL and QMJHL clubs, many of the young stars will get a nice consolation prize — a chance to compete for Canada at the world junior cham-

pionships in Sweden.

"It's a great opportunity this year," said Horvat, who has six goals and seven assists in 11 games with the Knights. "I'm just trying to take the positives out of (being cut by the Canucks)."

The Knights (8-5-1) have had a slower time lately with a week off in their schedule, but return to action Friday at home against the Sudbury Wolves. Horvat's return to junior allows him to be close to his family home in Rodney while he billets and completes high school in London.

THE CANADIAN PRESS

## CHL

### Memorial Cup ticket payments due Friday

All right, Memorial Cup fans, it's time to buck up.

The London Knights are reminding everyone that Friday is the deadline for the final 2014 Memorial Cup ticket payments. Payments can be made at the Knights' retail store in Budweiser Gardens or by calling 519-681-0800, ext. 1.

Meanwhile, the Knights, between home games Friday night and Sunday afternoon, will be at Rocky's Harley Davidson (900 Wilton Grove Rd.) from 1-3 p.m. Saturday for a game of road hockey and to sign autographs. METRO

## MLB

### Las Vegas gives Dodgers the very early edge to win 2014 World Series

Winning another World Series didn't automatically make the Boston Red Sox favourites to repeat next year.

Odds-makers in Las Vegas's sports books like the Los Angeles Dodgers to win it all in 2014 with most making them an 8-1 pick for the title. At the Wynn hotel-casino the Detroit Tigers are next at 9-1, followed by the Red Sox at 10-1.

"There's no real clear-cut favourite," said Johnny Avello, who runs the Wynn book. "When you see odds like that on future bets it tells you there are a lot of teams in the hunt." THE ASSOCIATED PRESS

## Golden lining?

**"The chance to be on that team and bring back a gold medal to Canada would be unbelievable."**

Medicine Hat centre Hunter Shinkaruk, who missed the cut for last year's Canadian world juniors

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Red Sox designated hitter David Ortiz applauds after defeating the Cardinals in Game 6 of the World Series on Wednesday night in Boston.  
DAVID J. PHILLIP/THE ASSOCIATED PRESS

# World Series win caps off tragic year in Beantown

**Boston Strong.** Marathon runner finds bittersweet ending in Red Sox victory

For fans, players and political leaders who celebrated the Red Sox's World Series title with cries of "Boston Strong," the championship provided a jubilant finish to a season that was shadowed nearly from the start by the April

bombings at the Boston Marathon.

The morning after he cheered the victory inside Fenway Park, Ed Carlson returned Thursday to the marathon finish line he had crossed months earlier, 20 minutes before the bombs went off, and then had scrambled to find his children in the ensu-

## Quoted

**"To be at the marathon and then be there for the World Series — I still tear up thinking about it."**

Ed Carlson, Boston Marathon runner

ing chaos.

"It was quite a year," said Carlson, 51, of Princeton, Mass. "To be at the marathon and then to be there for the World Series — I still tear up thinking about it."

The success of the Red Sox, who finished last in their div-

ision only a year ago, became a welcome surprise and eventually a symbol of resilience for a city recovering from the twin bombings that killed three people and wounded more than 260. People periodically stopped around the finish line on Thursday morning to offer a solemn tribute.

Carlson, who was taking in the scene with his 17-year-old daughter, wore a new Red Sox World Series Champions baseball hat along with the same blue and yellow marathon jacket he wore to every Sox game he attended over the season. At Wednesday night's game, he had his marathon medal in his pocket.

THE ASSOCIATED PRESS



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## Free to play. Varlamov able to travel with team while charges pending

Colorado Avalanche goalie Semyon Varlamov will be able to travel with the team while prosecutors consider whether he should be charged with assaulting his girlfriend.

On Thursday, a judge said Varlamov could be released if he posted \$5,000 US bond and be allowed to travel with the team but he was ordered to stay away from his girlfriend, among other restrictions.

The girlfriend told investigators that Varlamov kicked her in the chest, knocking her down, and stomped on her chest as she lay on the ground in her apartment on Monday, according to an arrest affidavit. The girlfriend, whose name was redacted, also accused Varlamov of dragging her by her hair and telling her that he would have beaten her more if they had been in Russia.

Varlamov appeared in court briefly Thursday. He spent the night in jail after turning himself in on Wednesday. He stood next to his lawyer to face Denver County Judge Claudia Jordan, who also told him, through a Russian interpreter, that he couldn't drink or possess firearms. He also had to sign a



Colorado Avalanche goalie Semyon Varlamov DENVER POLICE DEPARTMENT

waiver that he would be immediately sent back to Colorado if he fled.

The 25-year-old turned himself in to police Wednesday evening, after practising with the team that day. He was arrested on suspicion of second-degree kidnapping and third-degree assault.

Varlamov's agent, Paul Theofanous, said he "is completely innocent of all of these charges."

Varlamov's lawyer, Jack Rotole, declined to comment on the case, saying he would defend his client in court.

THE ASSOCIATED PRESS

## NFL. Shanahan calls Haynesworth 'lazy'

Mike Shanahan levelled a scathing critique at Albert Haynesworth on Thursday, saying the former Redskins defensive lineman was "lazy" and had a "lack of passion" and "lack of character."

The Washington Redskins coach was responding to comments made this week by Haynesworth, who told Tennessee Sports Radio

that Shanahan is "conniving," self-centred and will run quarterback Robert Griffin III "into the ground."

Asked for his reaction, Shanahan began his answer and then stopped himself and started over — because he wanted to "say it the right way."

Then he hammered home a zinger.

"When you don't get along with somebody as a head

coach or an assistant coach, it usually falls into one of those areas — lazy, lack of passion, and a lot of times lack of character," Shanahan said. "And he fits all three."

Haynesworth signed a \$100-million free-agent contract with the Redskins in 2009, but he and Shanahan clashed frequently after the coach arrived in Washington a year later. THE ASSOCIATED PRESS

## Blue Jays

### New hitting coach aims to use the whole field

Throughout last season Blue Jays manager John Gibbons lauded hitters who "used the whole field," could drive the ball gap-to-gap and were not wholly dependent on a pull-happy power stroke.

It's no surprise then that the hitting coach he and GM Alex Anthopoulos have hired to replace Chad Mottola is one who shares that philosophy.

The Jays announced Thursday that Gibbons' former colleague with the Kansas City Royals, Kevin Seitzer, has been named the team's new hitting coach.

Gibbons worked alongside Seitzer with the Royals for three seasons, from 2009 to 2011, when Gibbons was the team's bench coach.

Seitzer said he developed his philosophy from his personal experience and also "special conversations with some very good hitters," singling out George Brett, Paul Molitor, Dave Winfield and about a dozen of the game's best hitters from the '80s and '90s. TORSTAR NEWS SERVICE

## Horoscopes

### Aries

March 21 - April 20

You may be envious of a rival's success but it's a waste of time. If you compare yourself to others, you will always find someone who has done better than you. Compare yourself to who you were yesterday.

### Taurus

April 21 - May 21

A loved one may be giving you a hard time and you may have every right to hit back at them but is that such a good idea? According to the planets, you should let it go and let them get past this negative phase.

### Gemini

May 22 - June 21

Don't let yourself get upset about little things. The Sun's link to retrograde Mercury in the work and wellbeing area of your chart today warns you to watch your temper.

### Cancer

June 22 - July 23

There are so many good things going on in your world that you may worry you don't really deserve it all — but you do. The planets are simply rewarding you for past efforts you made on other people's behalf.

### Leo

July 24 - Aug. 23

Make the most of what you have and don't worry that others may have more than you. Life is not a game where the one with the most wins. Life is a process to be enjoyed.

### Virgo

Aug. 24 - Sept. 23

It would be unwise to reach a decision today without seeking advice from people you trust. With Mercury, your ruler, moving retrograde you may not be seeing things straight.

### Libra

Sept. 24 - Oct. 23

Try not to get annoyed with the varied fools you have to deal with today. They can't help it if, compared to you, they don't have a clue what's going on. If anything, feel sorry for them.

### Scorpio

Oct. 24 - Nov. 22

Mercury in your sign makes your mind sharper than usual but because it links to slow-moving Pluto today you may find it hard to reach any lasting conclusions. That's good, as most likely they'll be wrong.

### Sagittarius

Nov. 23 - Dec. 21

If there is something you are hiding and you will no doubt be dismayed when it becomes public knowledge. Don't be embarrassed though, it's OK.

### Capricorn

Dec. 22 - Jan. 20

You are more than impatient with people who move slowly. However, the more you try to hurry them along, the more they drag their feet. What can you do about it? Nothing. Perhaps you should move more slowly yourself.

### Aquarius

Jan. 21 - Feb. 19

Resist the urge to make decisions about your social or professional situation. With mind planet Mercury in the career area of your chart linked to unpredictable Uranus they will most likely be wrong.

### Pisces

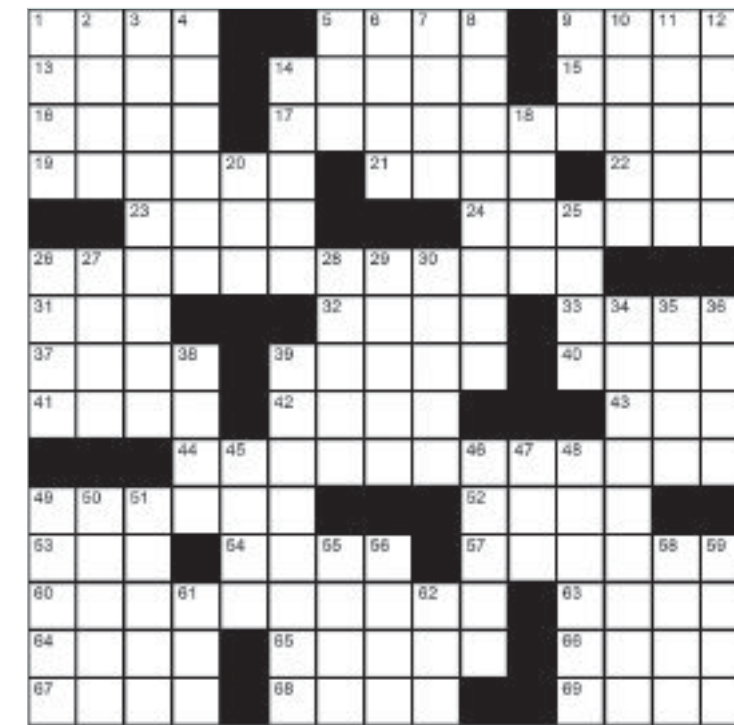
Feb. 20 - March 20

It would appear that a friend is in an argumentative mood and would like nothing better than to engage you in the kind of debate you cannot win. Give it a miss! SALLY BROMPTON

## Crossword: Canada Across and Down

### Across

1. Camera lovers
5. \_\_\_ and Span
9. Mr. Carrey's
13. Bank \_\_\_
14. Bat cave fertilizer
15. About: 2 wds.
16. Woodstock's Sha \_\_\_
17. 'Celebrating Canadian Excellence', Canada's \_\_\_: 3 wds.
19. Father's dad
21. Mr. Waggoner
22. Lead-in to 'bard' (Pelt)
23. Roast: French
24. "\_\_\_!" (Arrived-thing exclamation)
26. November 1st: 3 wds.
31. Fluffy scarf
32. Beaver State [abbr.]
33. Get \_\_\_ (Get hired)
37. Touch down
39. Walk \_\_\_ line
40. "Finding \_\_\_" (2003)
41. Taro root
42. Inquiry [abbr.]
43. Author Ms. Hinton's
44. Christopher Plummer movie, with The: 3 wds.
49. Filmform
52. Raison d'\_\_\_
53. Fuss
54. Judi Dench/Kate Winslet movie
57. Imp
60. Parliamentary



63. Bit
64. \_\_\_ 'acte (Intermission)
65. Imperial decree in tsarist Russia
66. We, in West-mount
67. L'l travel lines
68. "Well, now...":

- 2 wds.
69. Hosp. readouts
- Down
1. Place the picture
2. Rent-\_-
3. Holly \_\_, Juno-winning singer/song-writer
4. "Full House" star John

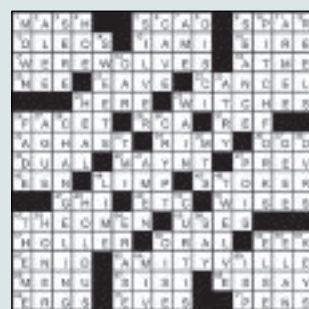
5. "Dalla \_\_\_ Pace": Mozart aria
6. Melancholy
7. Like ballpoints
8. American President, Calvin \_\_\_ (b.1872 - d.1933)
9. Peanut butter brand
10. DWTS judge Car-

- rie Ann
11. Michael Keaton comedy, "\_\_\_" (1983)
12. "Can't you \_\_\_?" (Hey, I'm over here)
14. Haida \_\_\_ (Queen Charlotte Islands, now)

18. Greek cheese
20. Harper Valley gr.
25. Blue hue
26. Fit
27. Heavy haul
28. Not exactly a laugh a minute: 2 wds.
29. Sampled
30. Prefix to 'dyne' (Toothpaste brand)
34. Canadian musician of 'The Blue Guitar Sessions': 2 wds.
35. Sacred Buddhist peak
36. Pear variety
38. \_\_\_ of reality
39. New tourist attraction in Toronto that's making a splash, Ripley's \_\_\_ of Canada
45. Cut
46. Ms. Downey, Actress who is the President of ACTRA
47. Kingston Trio lettered song
48. Of bears
49. Escapade
50. Aerosmith's "\_\_\_ Want to Miss a Thing"
51. Actor Nick
55. Not pleasant
56. Thailand, once
58. Give \_\_\_ (Yank)
59. Laddie's love
61. US tax org.
62. "The second last letter is known \_\_\_" ...said the Alphabet instructor

See today's answers at [metronews.ca/answers](http://metronews.ca/answers).  
BY KELLY ANN BUCHANAN

## Yesterday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku

2	5	1	7	3	8	9	4	6
9	4	7	5	6	1	2	8	3
3	6	8	4	9	2	7	5	1
5	8	6	9	2	3	1	7	4
7	9	2	1	5	4	3	6	8
4	1	3	8	7	6	5	2	9
1	7	9	6	8	5	4	3	2
6	2	5	3	4	9	8	1	7
8	3	4	2	1	7	6	9	5

9	6		7		3	4		8
		2		1		5	3	
				9	8			
8		7				6		5
			6	2				
	1	6		8		7		
5		4	2	9			8	1

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RB 22 PIONEER



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BH 27 PIONEER



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28 BRS North Trail



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DS 31 PIONEER



**\$51/week**

25 BH PIONEER



**\$35/week**

1950 RB 2013 Wilderness



**\$38/week**

31 QBSS North Trail



**\$52/week**

329 BHU Autumn Ridge



**\$54/week**

3150 DS 2013 North Trail



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285 FB TRAVEL STAR



**\$56/week**

278 BH AUTUMN RIDGE



**\$38/week**

TB 27 PIONEER



**\$39/week**

32 BUDS North Trail



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346 RESA Autumn Ridge



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30 RKDD North Trail



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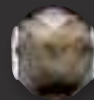
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